







WILD THINGS...

## WATCH OUR YEARBOOK COME TO LIFE!

1. VISIT THE APP STORE OR GOOGLE PLAY AND DOWNLOAD THE AURASMA APP 
2. SWIPE THROUGH TUTORIAL SCREENS,  
THEN PRESS SKIP ON THE ACCOUNT SETUP SCREEN.
3. IN THE APP, TAP  AND THEN
4. TYPE (REGISUNIVERSITY) AND TAP SEARCH OR DONE.
5. SELECT OUR SCHOOL AND THEN TAP FOLLOW.
6. TAP  POINT THE VIEWFINDER OVER   
(COVER, PAGES MARKED WITH ICON, ETC.) AND WATCH IT COME TO LIFE!



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# WILD THINGS...

The Ranger 2015  
Volume 99  
Regis University  
3333 Regis Boulevard  
Denver, Colorado 80221  
[www.regis.edu](http://www.regis.edu)



# The Wild Things Are.

From an outside view, Regis University and its students may appear to be just like any other college or student. We are all going to classes and broadening our horizons in hopes of someday getting that dream job we've been yearning for. Athletes go to practice everyday to get that much closer to bringing home the gold. Residence Halls are filled with eager students who stay up late into the night like they are at a yearlong sleepover. The truth of the matter is, there is so much more to Regis and its community than one would get from the first look. Excitement and adventure lurks from every office and hallway; the wild side becomes unveiled with each deeper look.

Whether the wild things are coming from the stories uncovered by the Highlander or the salsa dancing lessons held in the pub, there are events and programs happening at all hours of the day, every day of the week. Sometimes it almost feels as though Regis never sleeps. Whether it's attending class, watching a guest speaker, visiting an office on campus, going to a sporting event, supporting club events, attending a RUSGA event, going to the gym, shenanigans in the halls or anything else that happens on campus, wild things are happening everywhere.

On top of all of the commotion on campus, each person that attends also brings their wild side along with them and contributes the community on campus.

Even though these wild sides may not be seen at first glance either, our professors still go Greek dancing and students are still traveling to third world countries to help supply water for those in need. Students are growing bacterial cultures or testing Newton's laws of physics in lab. Wild things are all around us on campus and help shape the memories and experiences that we create in the years we are here. The wild things are the makeup of what we will remember most.











... making the most of it







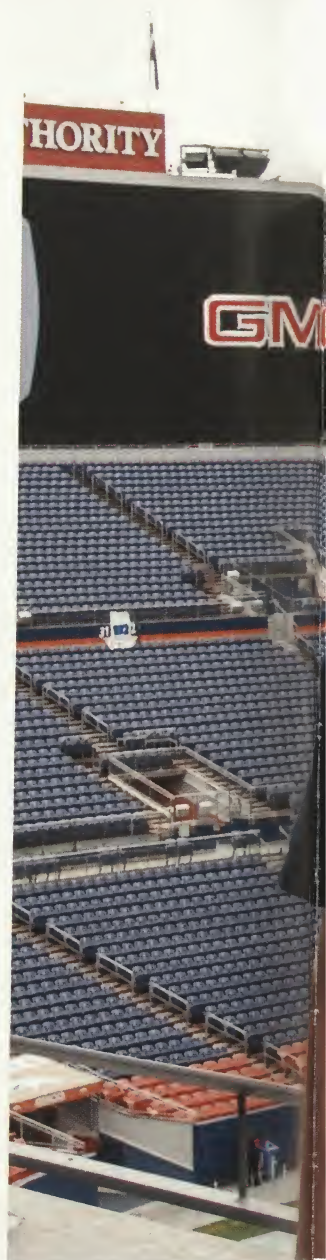


# Finally Made It

“It had hit me that I was  
going on be  
on my own  
for nine months...”

Going to college can be very intimidating and nerve-racking for incoming freshmen, especially for students traveling far from home. When arriving on campus for the first time, many students are introduced to the life that they will be living for the next four years. Orientation is designed to help make the transition into college smooth and help students become comfortable with this new world. For

freshman Sara McCloskey, “Orientation was a huge benefit because every student and faculty member working it helped prepare me for the school year. I had so many questions coming into orientation, and I had them answered by the end of it. I got comfortable with the campus and found out where everything before school had even started.” Not only do students get comfortable with the school, but they also warm up to new friends, roommates and the dorm life. Sara says, “My favorite part of orientation was moving into my dorm room and having the feeling of independence. It had hit me that I was going to be on my own for nine months, and I was finally given the freedom to make my own decisions. Unpacking my clothes and decorating my room made me realize that college was finally starting. I had waited so long for it to begin, and I couldn’t have been more excited.” After starting her college experience, Sara has warmed up to the Regis community and found her place here. Moving along in her first year, Sara states, “My favorite memory so far was when we got our first snowfall. Winter is my favorite season and seeing everything covered in white when I woke up made me want to run outside and have a snowball fight. I feel like I’m living in a snow globe, and I loved walking from class to class with white flurries coming down.” Without the experience of freshman orientation, who’s to say that Sara’s first year at Regis would be where it is today?

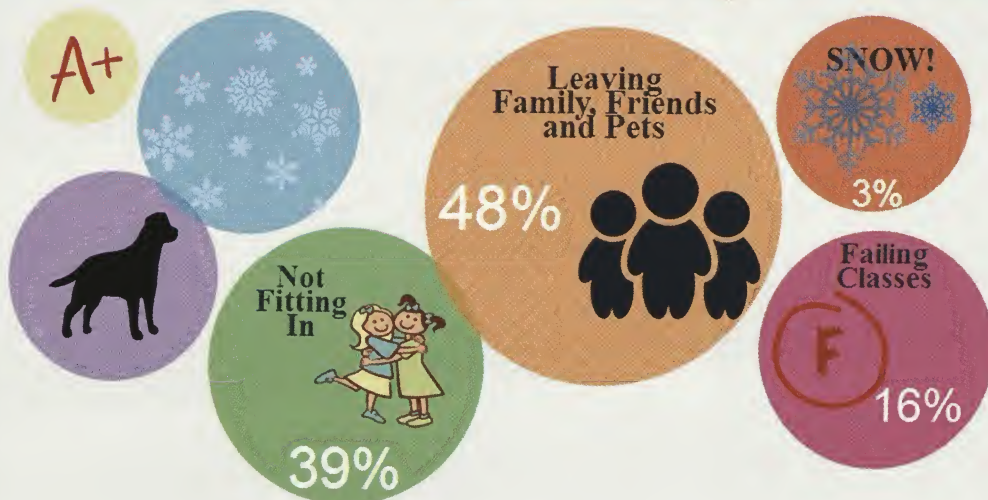






# The Start of Something New

What Was Your Biggest Fear When Coming to College?







# Let the MEMORIES



Every year, students at Regis engage in a series of events that include free food and loads of fun to help get reunited with fellow classmates and meet the incoming class. Junior Aleina Tanabe has participated in welcome week all three years that she has been attending Regis and creates new and fond memories every year. She claims, "It is always so exciting to come back to school and be reunited with all my friends!" Every year she engages in crazy and exciting activities on and off campus to kick off the year with a bang. "My favorite part of welcome week is catching up with friends, classmates, professors, etc. and hearing all about summer shenanigans," Aleina says. Everyone shares their own stories and experiences about welcome week, but when asked about the craziest thing she did over welcome week, Aleina said, "I decided to go to a last minute Grouplove concert at Red Rocks with some awesome friends, and it was an experience I will never forget." Not everyone went to Red Rocks during their first week at school, but each distinct experience and memory from the week was a start to a year many will never forget.

# BEGIN

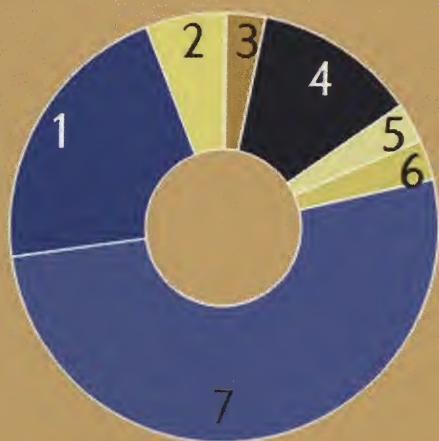




# What is your Favorite Part About Regis?



The polls are in...



1. Living in the Dorms - 21%
2. Everything About Regis - 6%
3. Meeting New People - 3%
4. The Classes - 12%
5. My Major - 3%
6. The Clubs - 3%
7. The Regis Community - 52%

## We're Coming "Home"





# Jesuit Traditions

“...it is a time for the Regis community to gather together early in the year and give thanks for the opportunities God has given each of us.”

Mass of the Holy Spirit is a Jesuit tradition in which all Jesuit institutions hold a Mass at the same time. Regis, being a Jesuit university, always takes part in this tradition, and it is a big part of Regis' identity. Many students partake in and attend this mass. One student, Andrew Barnes, participated as an altar server on this special occasion. “The Mass of the Holy Spirit is so special, because it is a time for the Regis community to gather together early in the year and give thanks for the opportunities God

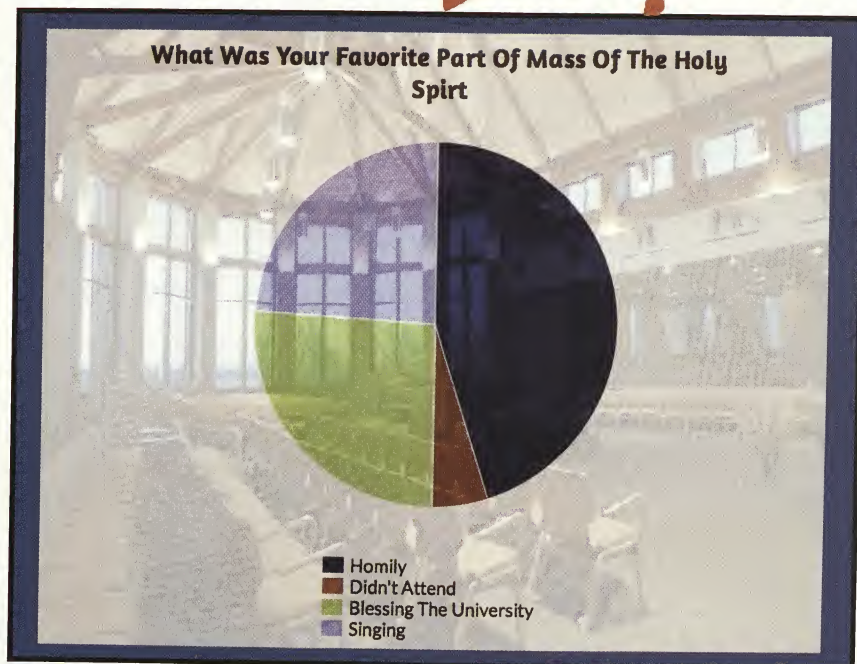
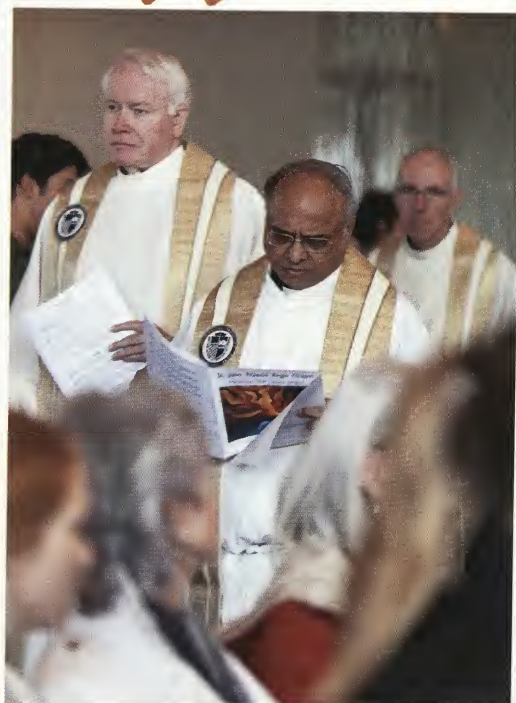
has given each of us,” he explains. Andrew says that serving as an altar server allows him to become involved in the Mass and become closer







# Mass of the Holy Spirit



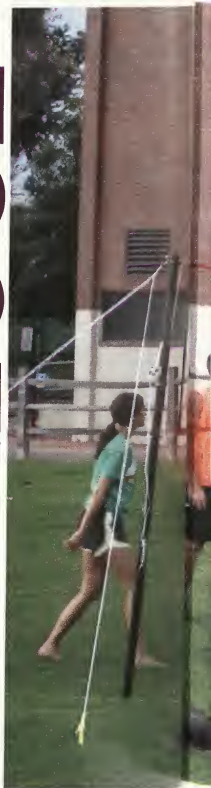




# BRINGING TWO WORLDS TOGETHER



For many college students, going to school means leaving a life behind and moving to somewhere new and different. They begin a life in a new place and grow and develop alongside a new group of people. Every year a weekend is set-aside for families to come and see the new lives that their students are living. Freshman Megan Martinez hosted her family during family weekend to show them the new and exciting things that are starting to change her life. Megan said, "I started feeling a little homesick before family weekend and being able to see my family definitely helped." Many events take place during this week designed to entertain families and students and bring the community together. "My favorite part of family weekend was going to see the mentalist with my new friends and my family. My parents' favorite part of family weekend was going on the OAP hike and seeing a sneak peak of Colorado," she stated. Sadly, all of the fun had to come to an end, and families had to return home. Megan states, "It was hard to say goodbye to my family but totally worth it to see them for the weekend."







# What Do You Miss Most About Home



12% Pets



15% Friends



32% Money



11% Your Own Bed



15% Cooking



15% Family

## Family Weekend





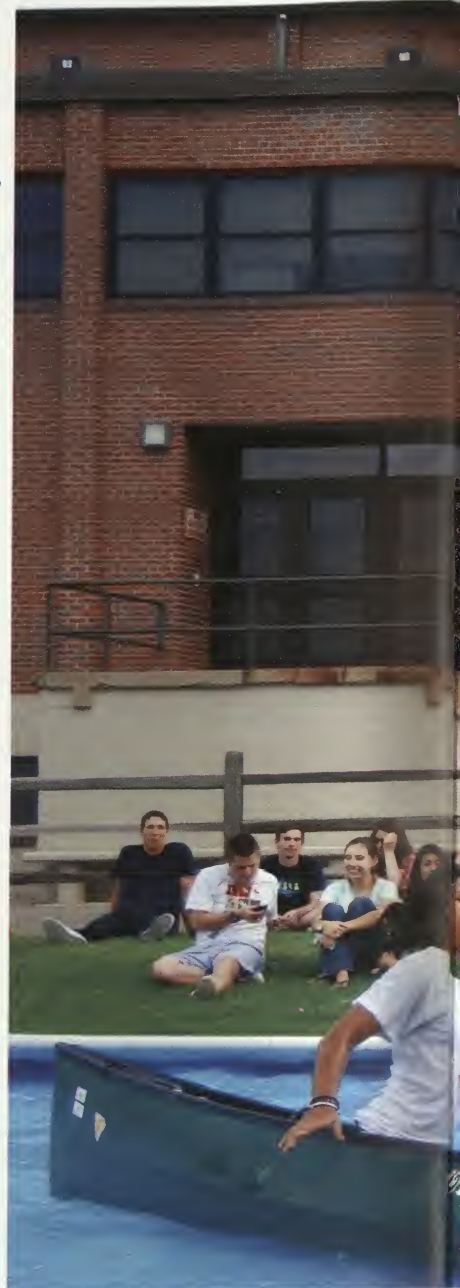
# Campus Hangouts and Chill Zones



"RV 204 is a haven of enlightenment." -  
Connor O'Hare



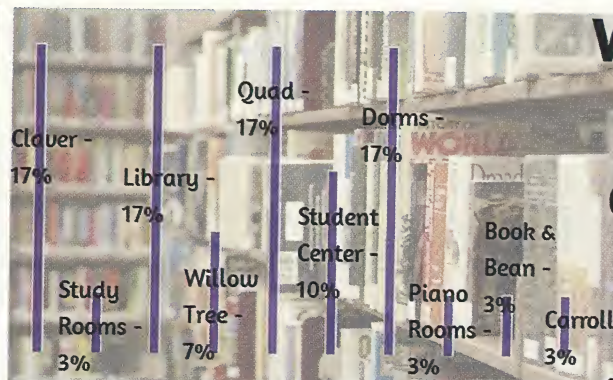
"The Jesus statue is my favorite place on  
campus because it gives an idea and  
understanding of what Regis is about. I go  
there to reflect on life and what it means to be  
a student here." -Clarence Wroblewski



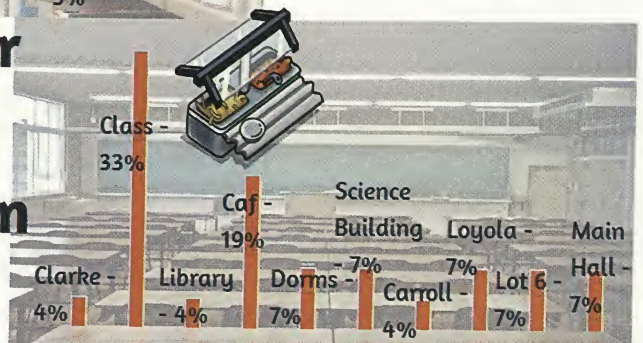




# Campus Life



**What is your LEAST FAVORITE place to go on campus?**







# Don't HOLD BACK

One person's work is another's new adventure. Biology and Environmental Science sophomore Renate Schlaht has the ideal campus job that lets her explore the wonders of Colorado. During the beginning of freshman year, Renate made the choice to join a club that did events both on and off campus. She says, "Getting involved with Regis' OAP has been one of my best decisions. I get to call camping, rafting, hiking, and climbing my "work," and I get paid to explore Colorado and share these adventures with other students." OAP has given Renate the opportunity to discover all of the one-of-a-kind places Colorado has to offer. Renate's off-campus experience is not just limited to OAP outings; she also enjoys hiking and climbing with her friends in her free time. When she isn't busy doing homework at coffee shops around Regis, she is preparing to go to vet school. Although Renate lives to explore life away from the Regis campus, Regis has become her home over the past two years, and she cannot wait to see what her future holds both on and off campus. -Renate Schlaht.

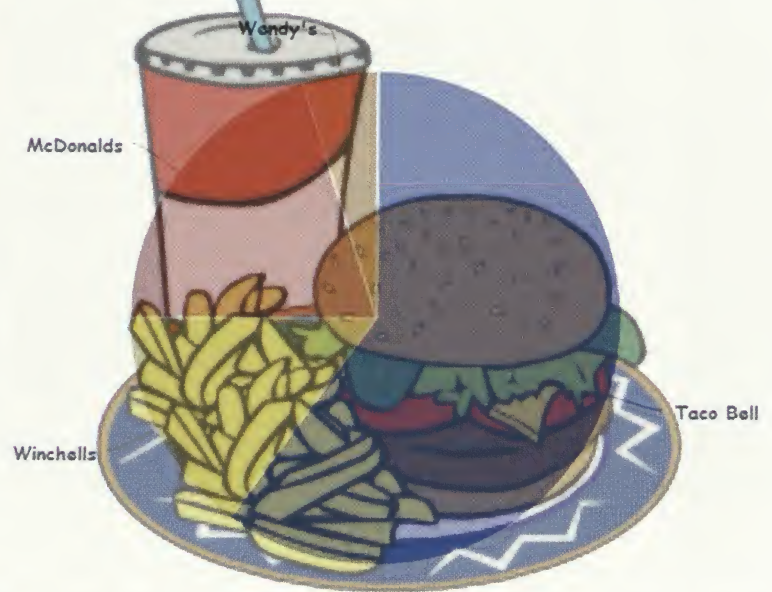




# Create Your Own 5280 Adventure

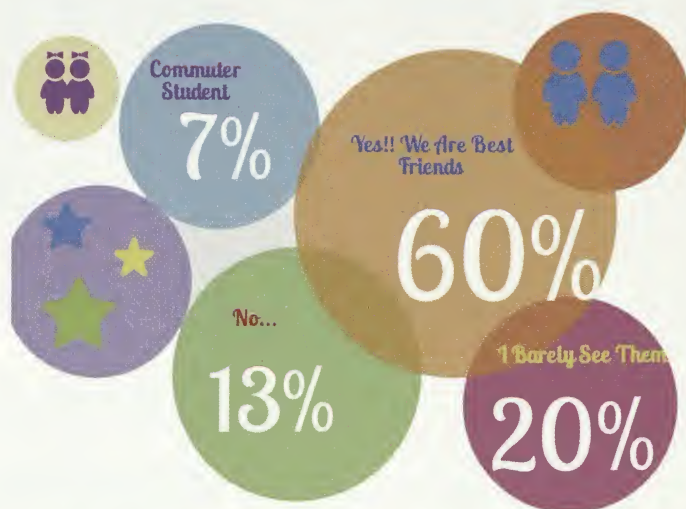


Where Do You Go When You are Hungry





## Do You Like Your Roommate



### HOW DID YOU FEEL ABOUT MEETING YOUR ROOMMATE



# Eat, Sleep, Study... Repeat



If you have ever lived, heard of, or experienced the climb up the four flights of stairs it make it to the fourth floor of DeSmet Hall, then you can understand when the Resident Assistant Holly Hao says that favorite part of her job isn't her lovely climb to her room ever night, but she "absolutely love[s] building relationships with [her] residents, as well as the other staff. There is truly no better way to meet great people, and also be there for them." Holly would love to go to dental school after she graduates to become a general dentist, but if that doesn't work out, she is looking at Musical Therapy, Music Education, or becoming a Physician's Assistant. Being apart of Res Life is not the only part of Holly's identity on campus; she is a "big music person and [she] love[s] to sing, and participate in the Regis choir ."

When asked if she had a wild side, she explained, "The other staff members tried to get me into rapping. There are many things in life that I cannot do... and it's rapping."

-Holly Hao RA DeSmet Hall 4th floor





# Four halls one home

“I enjoy getting to know new people through programs and spontaneous interactions.”



Being a Peer Minister (PM) in the residence halls allows Jason Armijo to impact his residents in a positive manner. He says, "I enjoy how vulnerable my job allows me to be. Not to mention that I help the people that live around me grow in faith and with life skills. Not only do I enjoy the time that I spend with them, but also, I learn so much from them. Which is a very humbling experience." By being a PM, Jason helps both his residents and fellow Res Life staff in multiple ways. He explains, "One of my favorite memories that I have of our staff is when we had our DeSmet staff retreat, I had to hold a follow R.A. on my shoulders as he tried to get his frisbee out of a bush." In his free time, Jason really enjoys bouldering and backpacking. When he was a "junior in high school, [he] went on a 20-mile, four-day backpacking trip around Jacob's Chair in Utah. It was insane!!!!" Overall, Jason simply enjoys being a part of people's lives especially if he knows that he has the ability to help in a positive way. - Jason Armijo PM DeSmet Hall 2nd Floor



## Wild for Dancing

President:

Ellen Lundwall



The elected Student Body President, Ellen Lundwall says, to her embarrassment, following her election announcement, "For the next month, every time I called one of my family members, they answered the phone humming 'Hail to the Chief.'" With a supportive family and "Camp Regis... the unique community that feels like home to a wide variety of people," Ellen has found herself leading in her final year here at Regis.

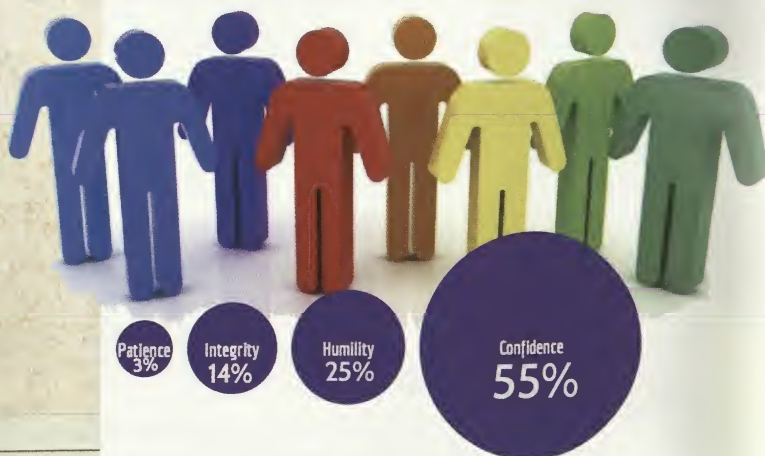
When asked about her wild side, Ellen answered with her love for improv dancing, anytime anyplace Ellen loves to show off her moves and can't stop. With such a unique student body, it is no surprise that Regis has an equally wild and unique student body President.



# Executive Cabinet



What is The Best Quality a Leader Should Have?



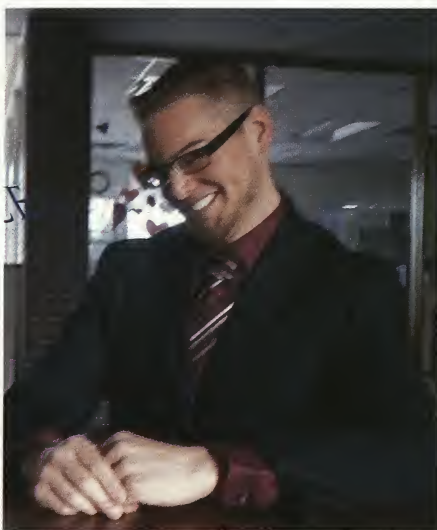


## The Student Voice

Vice President:  
Thomas Wells



Student Body Vice President, Thomas Wells reacted to the election by allowing his freshman residents take a razor to half of his hair! He says, "I was happy. And those are the times to act irrationally." Thomas believes that his time as Vice President has made students more informed and "rumors fly around this small campus, and I want to put them all to rest. I want the truth to be known so departments don't get bad reputations and so various individuals are not made out to be someone they're not." Thomas wants everyone to understand that Regis is a place where everyone can "live as they as they rightfully choose to live," and this is why he dances wherever he goes! Thomas would love to own a private jet; he says, "If I ever get one, you're all invited to skydive with me." This generous man is your 2014-2015 Vice President, ladies and gentlemen!



## Fulfilling Passion

Chief Justice:

Sean Huft

The elected Student Body Chief Justice, Sean Huft, has a lot of responsibility on his shoulders. Sean feels that the student body "has a large voice that is not being utilized to its fullest. There are so many people here that have such an amazing and fulfilling passion." This passion plays into student involvement or lack thereof on campus. Sean states, "I can't say I was shocked. I had an amazing campaign, great teeth, a ton of word of mouth advocating for me, and oh yeah, I ran unopposed. Would have been a different story if I had lost..." When Sean is not being Chief Justice he says his wild-side is related to "stupidity or [being] the class clown" and though he used to be "World of Warcraft addicted" to gaming, he now enjoys going outside! Needless to say, Sean fills his role as the Chief Justice and allows himself time for fun.





# Meet a Main PAC-Man



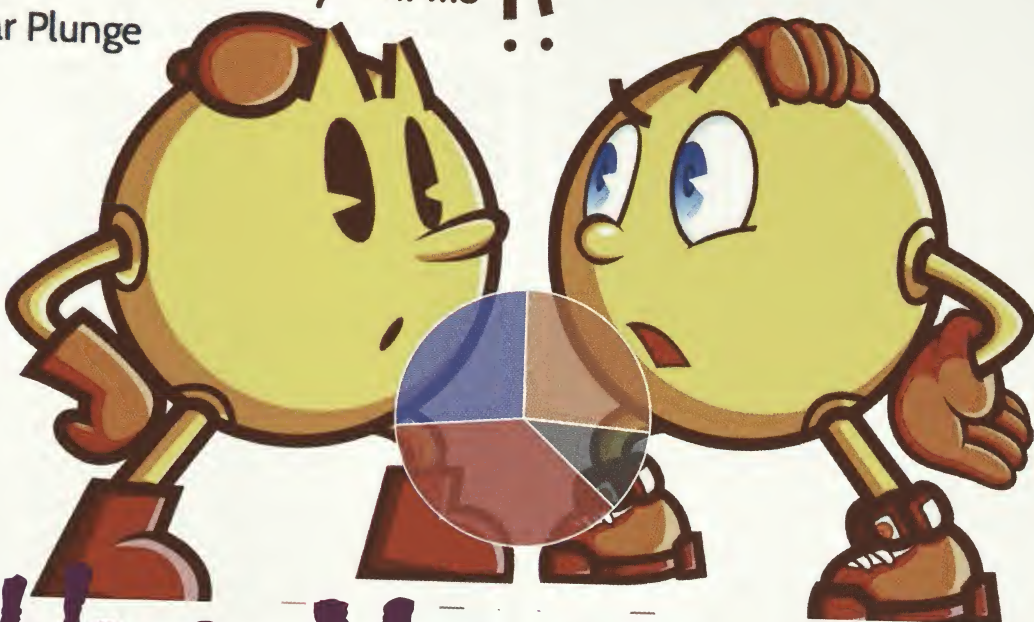
Thursday thrills, big events, and free food all usually start and end with a lot of help from PAC and their committee members. For Michael Kaelin, his favorite events of the year are the Regurgitator and the Mentalist, because they both do something not many people are able to do and they include members of the audience as much as possible. Michael is not only involved in PAC but also participates in University Ministry "where [he is] a work-study and puts on the event XLT which is praise and worship with adoration." Even though he plays a major role in both UMIN and PAC, Michael "loves being able to put on these free events for the Regis community and be able to meet the different performers and hopes to use [his] communication degree to be apart of the professional sports industry."





# What is Your Favorite Thursday Thrills !?

- Hypnotist
- Farmers Market
- Mr.Regis
- Polar Plunge



## PAC the House







## Making events SIC



Kirsten (Kirby) Bell is a student with many different hats from being the director of SIC while serving on a national board for student government as well as being an RA in a freshman dorm. She has enjoyed her time at Regis because of her involvement on campus and would not have enjoyed Regis as much as she does without being a part of so many different aspects on campus. She said that her favorite event was Snowball because of the fun theme and how well all of the hard work from her committee paid off. All of the committee members had a great time running around the venue and scaring each other, while also setting up all of the different events during the dance. Kirby plans to finish out her time at Regis being very involved and loving every minute of it.



## Get involved!

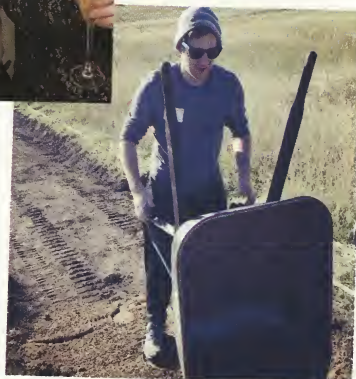
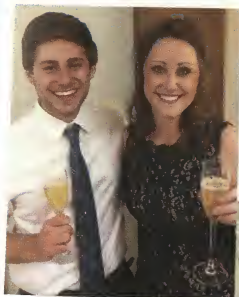


How many events do you attend per week?





## Advocate for the Community



Jace Prokupek, director of the Community Involvement Committee (CIC), reaches beyond campus limits when getting involved on campus. Jace states, "As director I am a liaison between our Regis community and our surrounding neighborhood. I take students off campus for various events and programs and bring members of the community onto our campus as well." Not only does Jace get a better sense of the community, by leading this committee he has acquired much more; he says, "This position has really helped me develop my leadership skills. I've also learned a lot about effective community outreach and internal student affairs." On a more personal note, something most people wouldn't know about Jace is that he dated a former Teletubby child star and was also in a commercial for the Scottish government. His dedication to his committee has helped other RUSGA members and the Regis community become better connected to the world outside of campus.



## Serving The Community

How Many Hours per Week do You Volunteer?



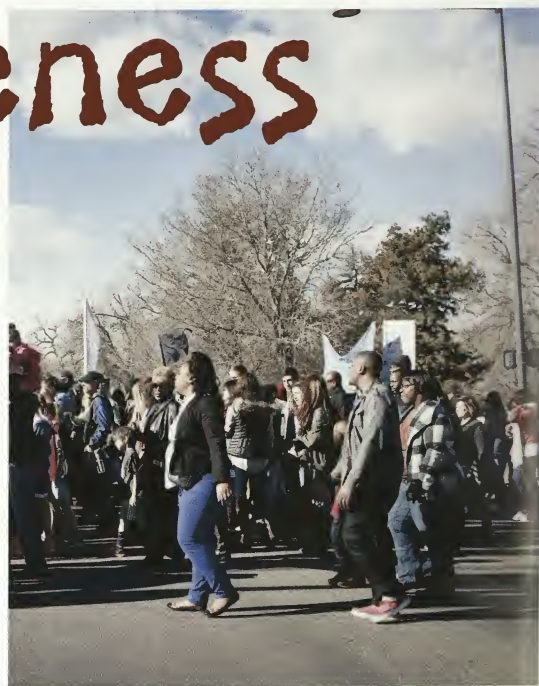


Catalina Hooser, the director of the Multicultural Affairs Committee (MAC), is a hard working and dedicated director for RUSGA. Through her directorship, Catalina says that she has learned a lot about herself, what it's like to deal with student affairs, and how to get better student involvement. Catalina believes that it is good to work with other RUSGA directors because, "It's nice to be surrounded by people that have similar tasks and jobs as I do. It's always nice to have support from people who know where you're coming from." The reason Catalina chose to direct MAC is because, "Diversity has always been what I cared about. When I found a way to make that into a concrete job I couldn't help but go for it!" Catalina has a passion for diversity becoming more widely accepted on the Regis campus and takes her position seriously as a RUSGA director.

## Passion Driven Leadership Catalina Hooser



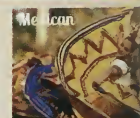
# Cultural Awareness



WHAT IS YOUR FAVORITE  
CULTURE BESIDES YOUR OWN?  
*Regis students said...*



African American



Pacific Islander



German



American



Italian



Polish



Russian

New Zealand



Japanese



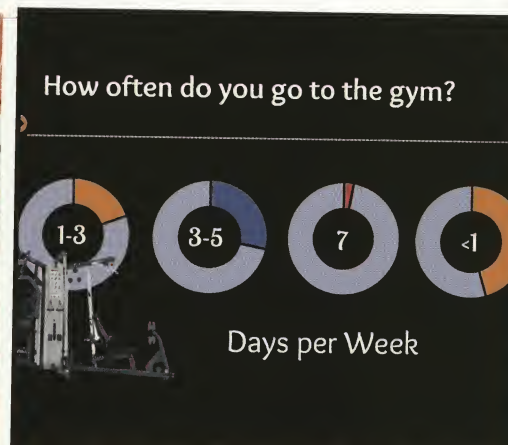
Indian



## Cura Personalis Geolina Deocariza



Geolina Deocariza is the director of HAC- RUSGA's Health Awareness Committee. She is dedicated to HAC, because health care—primarily nursing—is her major as well as one of her passions. Geolina says, "Health is a scary topic for many people. Many people think that you don't leave a hospital without bad news, but health can also be fun!" Geolina goes on to say, "I wouldn't say I have a favorite program; I would say what I like best is that I have a committee that is very into their own separate spaces of health: mental, physical exercise, cancer support and research, healthy eating, and so on. Different people take care of different aspects and therefore we are able to plan many different programs." Geolina likes thinking about HAC in the Jesuit sense of "caring for the whole person" which drives her decisions for her committee.



# RU Healthy?



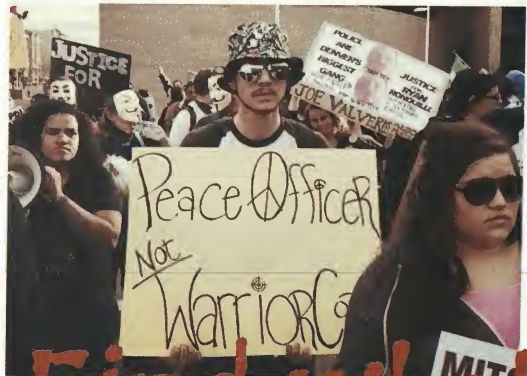




"There is hope because the morning will come with a new sunrise."



If you're looking for inspiration, you'll find it in Celesté Martinez. In regards to social justice, "it has always been a part of my life, but Regis University has given me opportunities to further my education and community involvement." Celesté has been quite busy being involved with social justice through RUSGA, University Ministry, the Center for Service Learning, and living in the Romero House. She says, "However, the most powerful experience that allowed for me to understand my passion for social justice and immigration in a new light was the time I spent studying and living abroad in El Salvador... I found a unique form of faith and hope that has completely reframed the way I engage with the world. The best way I can describe this is that even in the darkest of nights or gravest forms of injustice in our world, there is hope because the morning will come with a new sunrise." While her life is exhausting, Celesté gets her motivation from her family and the future generations of Chicanos and Latinos. She hopes to continue her work after Regis through "activism and community organizing in the Southwest region of the US or Chicago and then later pursue her PhD in Sociology to become a professor."



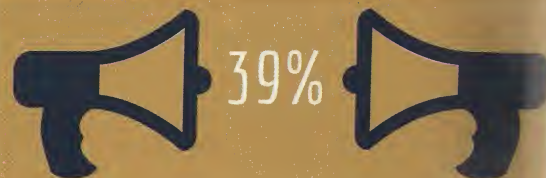
Find what breaks your heart ...  
t on it.



Have You Ever  
Protested?



Yes



No

61%





## "Cultivate a conscious campus culture."



Michael McMillan, director of the Sustainability Club, lives a life that is anything but boring. He says, "As director of the Sustainability Committee I am blessed to work with awesome friends, building sweet gardens, going dumpster diving, saving food, collecting compost, getting knee deep in manure, running around the farm like a chicken with its head cut off, organizing events with the eccentric community members, seeding and nurturing a beautiful garden, and did I mention working/hanging out with awesome friends?" To keep him going, Michael looks for support in his friends, family, and his committee. The Sustainability Club teams up with local restaurants such as the Noshery Café and Goldspot Brewery to implement a community compost and food rescue program here at Regis. Although all this takes a lot of work, Michael stays optimistic. He shares, "The logistical side of the job isn't my favorite but I suck it up and tie back my dreadlocks for those extra important meetings so that we can keep doing things we love and keep cultivating a more conscious campus culture at Regis."



### What Kind of Water Bottle do You Use?



## Go Green

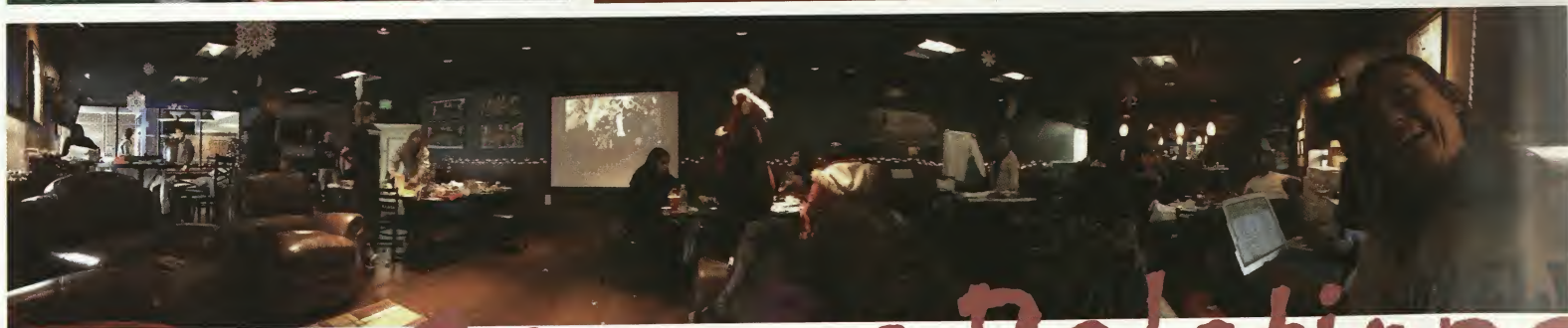




## Building Student-Faculty Bonds



Campus Relations director, Kelsey Randle, dedicates her time to creating events that engage students and faculty and spread the word about opportunities available on campus. Who is there when the red cardigan comes off though? Kelsey is very active outside of school, and many wouldn't know where her wild side is. Traveling all over the Midwest, Randle used to attend different rodeos and barrel race her horses. She lived on a 100-year-old ranch for a year and got the real country experience. Born in Germany, she has moved eight times throughout her life thus far. Randle also brings her wild side to her committee. The behind-the-scenes planning and stories help create memories that the entire committee will never forget. Randle shares, "This year for the Father Bart talk apparently my whole committee believed that we should wear black so everyone was wearing darker makeup and dark clothes to play up such a creepy discussion. I however didn't get the memo and showed up in pink. It was pretty funny at the time." This goes to show that there is more to a committee and its director that meets the eye.



## Campus Relations





## Showing Off RUSGA



Rayan Faris is the director of Marketing and Media for RUSGA here on campus. Rayan says, "I acquired great leadership skills through the position. I learned to establish a line between my private life and my professional life. While all my committee members are my friends, our meetings tend to remain as professional as possible. I also have learned the importance of time management." Rayan's position on RUSGA means that he is responsible for thinking of marketing strategies for RUSGA as well as discussing campus-wide marketing ideas. When asked about something most people wouldn't know about him, Rayan says, "According to my roommates, I tend to sleep-talk in French and Arabic at times." Coming all the way from Morocco, Rayan has a lot to offer, not only his committee, but the Regis community as a whole.

## Study abroad : india

immerse yourself in indian culture for a night!

free food!

great speaker!

when : october 23rd  
6:00-8:00 pm

sign up in student acts or  
via email at  
batessandria@regis.edu



November 18th  
From 6:00-8:00 pm  
In Walkers Pub



Catalina Hooser  
(hoose796@regis.edu)  
if you are interested in  
contributing in the  
preparation of food!!

## INTERNATIONAL DAY

Celebration of Food From Different Cultures



# Can You Hear Me Now?

## ICE QUEEN NOVEMBER 20th

Geofina Deocariza  
Kate Wallerius Becca Veys  
Jarnaz Alimehri Erin McAlker  
Isabella Kaiser  
Chelsea Cabanting  
Meagan Wynn

8:00-10:00

Mountain View Room

## FIRESID EXORC

COME LISTEN TO FATHER BART SPEAK  
ABOUT EXORCISM

WHEN: THURSDAY OCTOBER 30TH

FROM 7:00-8:00 PM

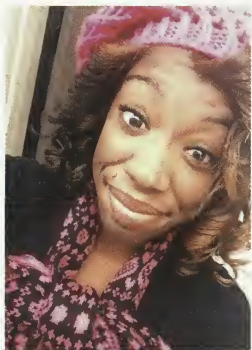
WHERE: WALKER'S PUB

SIGN UP IN STUDENT ACTS

All of the media forms on this page were created  
this year by the Media & Marketing committee.

Media & Marketing





# Motivated to change the future

Cierra Fountain



Commuter student, Cierra Fountain enjoys many activities including spending time with her family as well as spending as much time as she can shopping. Every day, Cierra drives 22.5 miles from Aurora to Regis University. Being a commuter student is a great experience, because it allows her to not only participate in life on campus but also enjoy beautiful Colorado.

When asked what inspires her, Cierra states, "The surprise of what the future holds motivates me and keeps me going, because the little things we do now open doors for us once we're established and out in the real world." In life, Cierra always strives to achieve success, and the future truly is something she looks forward to. Regis University has given her many great opportunities and has given her the ability to achieve her dreams. Cierra continues to be inspired by her family and friends and cannot wait to see what the future has in store.

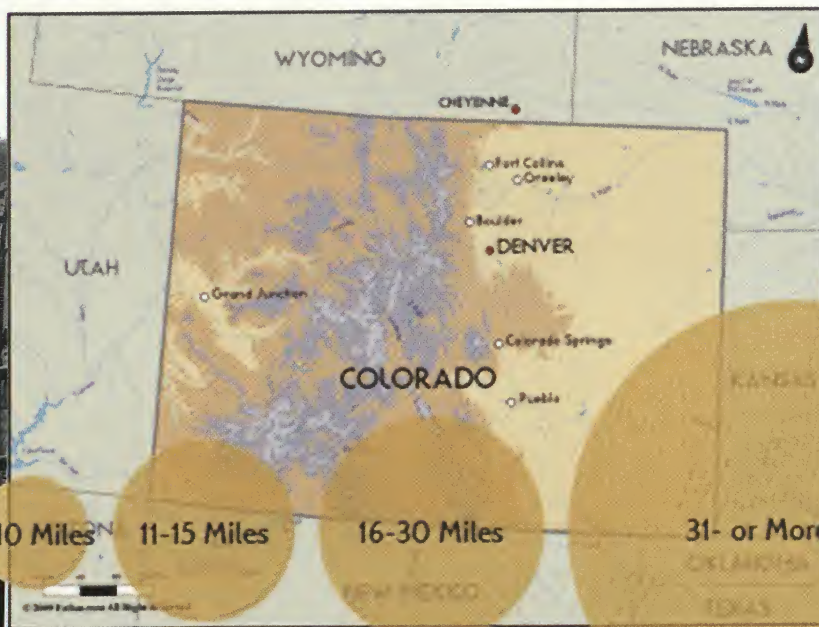






# On the Road to Success

## How Far Do You Commute?







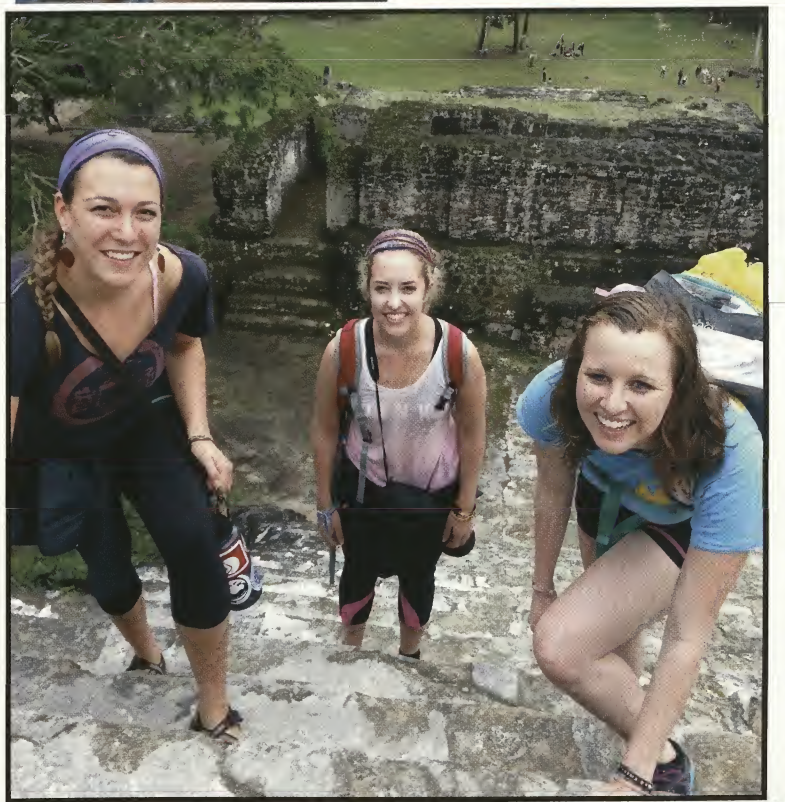
# Authentic Verses Empathy

If you're looking for adventure, you'll find it at the Romero House. Just ask Mahala Shafer, who has learned a lot about herself since living there. Mahala's service learning adventures began when she went to an immersion trip to El Salvador in high school; she says, "It was an experience that first helped me realize that education that remains solely in the classroom is limited. True education that is significant to our life occurs when we allow ourselves to be vulnerable and enter relationships with people. It is similar to the idea of sympathy versus empathy; learning is much more meaningful and effective when we can feel and experience it rather than simply hearing about it." Living in the Romero House comes with intentional community living. Mahala explored the concept of community more deeply when she moved in and when they took a pilgrimage to Central America. She states, "The trip was like entering another world where time moves slowly, your heart is continuously broken, and then love and grace flows strongly from the people to heal it."





# One house. One family







Highlight similarities rather than differences.



Part of the Jesuit mission is to stand with and for others. Bettina Alessandria embodies this mission every week with her service learning in the Engaged Scholar-Activist's program. She says, "Being an ESA, I try to bridge the classroom learning with work within the community." Bettina and other scholar-activist's partner with various organizations and nonprofits within the greater Denver community to create opportunities for students to serve and be with others. Bettina shares, "Being in the service learning department, especially as a freshman, gives me the opportunity to really immerse myself in the Denver community. It is easy to stay within our own bubble on campus but getting out and seeing first-hand the conditions many people face every day allows me to gain perspective and better understand the injustices we study within the classroom." Bettina believes that through service learning and building those outside relationships, we are "highlighting similarities amongst all people rather than differences."

How Do You Give Back to Your Community?



■ Father Woody's Helping Children ■ Habitat for Humanity ■ Shelters

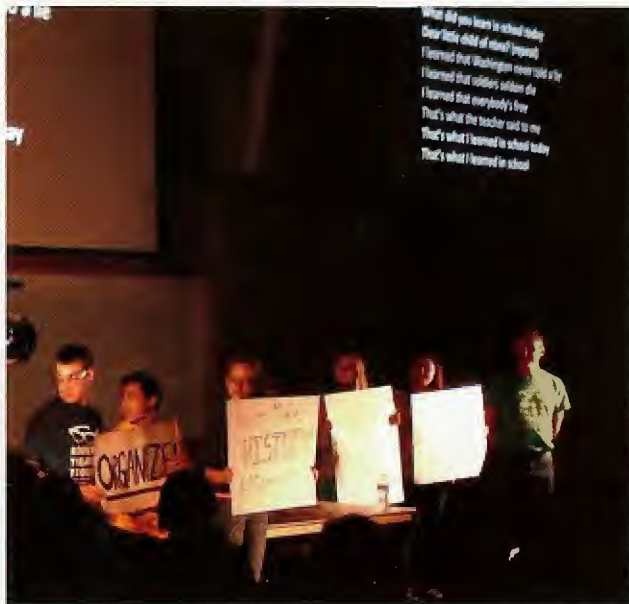


No one can do EVERYTHING...





"Learn about  
what else the  
world has to  
offer."



"The Engaged Scholar-Activist Program engages students to create and plan service learning and community-based learning classes by organizing service placements and activities and acting as models of leadership and activism for their peers," says Alvin Peregrino. Part of Alvin's job is to support other scholar-activist's with the planning process of hosting guest speakers and other on-campus events. Alvin has learned to work well with other students that come from a very diverse background and appreciates the "great moments when students get out of their comfort zone and learn about what else the world has to offer."

But  
everyone  
can do  
SOMETHING





# “A year packed in culture”



The members of Mi Gente had an action-packed year; they hosted the Mexican Independence day in September where they shared "Elotes asados" (roasted corn) and Matachines (traditional ritual dancers) on campus, participated in International Day in October, El Dia de Los Muertos, a Posada in December, El Dia de la Virgen mass by Padre Fernando and finally hosted a Kermes in the spring. Nely Lopez, a member of four years, reflects on the memories she shared with these individuals. "My favorite memory of being a member of Mi Gente has been the Kermes we host in the spring semester. It's a lot of fun and a great way to show our culture." Mi Gente is a great opportunity to become involved, make friends,

and explore the Hispanic/ Latino culture. In her experience, Lopez has grown to learn how to "work well as group, support everyone involved, and communicate with other people". Mi Gente has been a support group to Lopez and the entire Regis community as they help in exploring other cultures.







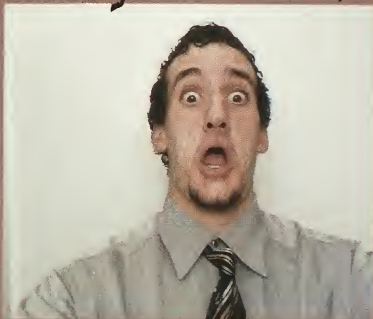
# Around the World on One Campus

What is your Ethnicity





## What is your wild side?

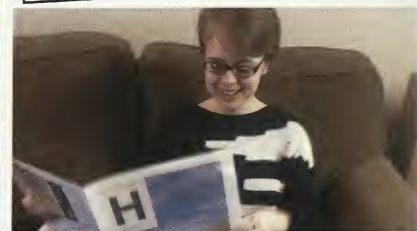


"My wild side is restraining middle aged men from assaulting my partner after reffing 5th grade basketball games while thinking about how majestic gophers really are and thinking how cute a siberian husky and german shepherd mix would be." -Tanner Stuhr

## Editor n' Chief Gina Nordini



As editor-in-chief of the Highlander, Gina Nordini has a lot of work on her plate. This being her second year in this position she has much practice in skillfully completing the Highlander each week. Gina's double major in English and Communications with a Spanish minor and writing emphasis, shows that her passion in writing and producing the Highlander goes far beyond the paper itself. Despite all of this hard work, Gina says that her life "can get a bit wild when listening (loudly) to Led Zeppelin, The Stones, [and] Heart." She also says that even though none of the Highlander staff shares this passion with her, "staff meetings get pretty crazy, and we've all got our own unique wild sides to keep things interesting." Gina's great passion for books and writing play greatly into the quality of the Highlander here on campus.

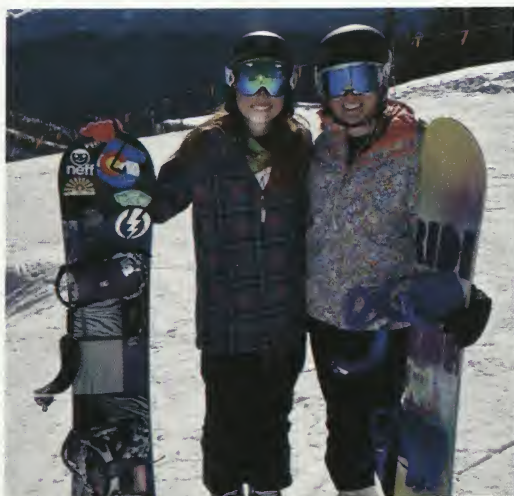


# In Breaking News

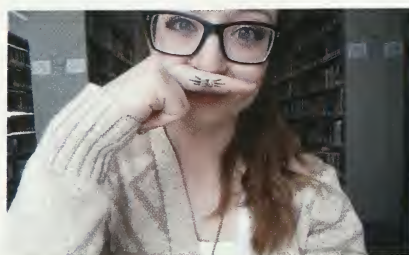


## Walk on the Wild Side

## Editor n' Chief Heather Humphrey



As Editor-in-Chief of The Ranger, Heather Humphrey, is a hard working and dedicated leader. Heather says, "I am obsessed with art and painting and drawing and sculpting, so the yearbook allows me to be able to use my creative side and think of new ideas that haven't been done in prior years." She likes to have fun with her job, but she is also funky and dedicated to cats. Heather even says, "I like cats a lot... I like them so much that I have a cat nose and whiskers tattooed on my finger." Heather has been on The Ranger staff since her freshman year and is proud to have finally made it to being editor-in-chief even though it can be a stressful position.





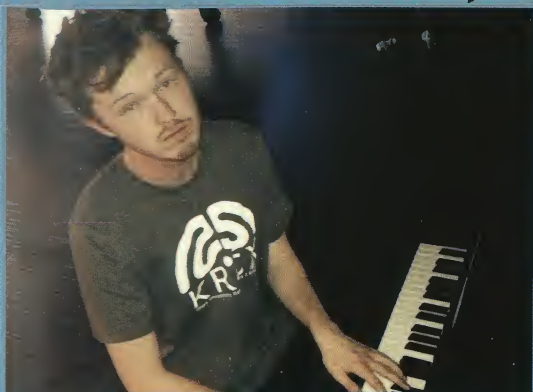
## Radio-ista Farnaz Alimehri



Farnaz Alimehri is the designer behind the KRCX radio station. She believes that "KRCX is the voice of Regis. We allow students to express themselves through their music and freedom of speech. I think we play an integral part in making sure the students embrace and feel free to express their individuality." Farnaz says that, as the boss, she has to be strategic about when to use her wild side at work. Farnaz states, "I've only recently learned to embrace my wild side. I love to rap and go to music festivals. That's wild, right? I guess you could say going to a music festival in Amsterdam for a weekend and not getting a wink of sleep is wild." Farnaz combines her passion of music with her job at KRCX, which is an admirable goal for most students.



If you had a secret broadcast name, what would it be and why?



"My secret DJ name would be DJ LuuvDaddy and I'd speak through a voice modulator that deepens my voice. I'd play nothing but the sexiest hooks to keep the lovers lovin' in these hard times." - Sye Sharp







# Let the GAMES

Begin



After nearly 10 years of soccer, eight years of basketball, and two years of volleyball, sophomore, Carl Kelly decided to join intramural teams here at Regis, and being competitive in nature, this only made sense. "That's probably my favorite part of intramurals, is the competitiveness of it all," Kelly explains. Kelly was on both an indoor soccer team and a volleyball team. "Volleyball was a lot of fun, being tall gave me a huge advantage," Kelly tells, "but soccer was definitely my favorite. It was just a huge part of my life for so long that it's nice to still be able to play. It's like riding a bike, you never forget." Intramurals is the one time where every one has a chance to develop new skills and kindle old childhood ones.



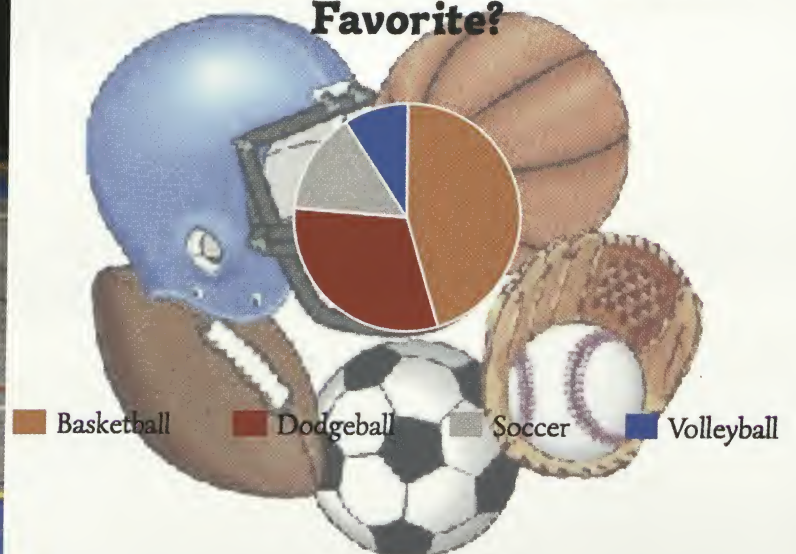
Intramurals



# Together we Succeed



**Which Intramural Sport is Your Favorite?**







"It was fun to explore  
my home in new ways."  
Sarah Glass



Sarah Glass joined the Best of Colorado program looking for adventure. Best of Colorado is a program that takes freshmen around to the many places that Denver and the outer community has to offer. Sarah says, "Although I've lived in Colorado my whole life, it was fun to explore my home in new ways and make friends along the way." Some of the activities they did were zip lining, visiting Boondocks, attending Fright Fest at Elitch's, and seeing Dracula the ballet at the Buell Theatre. Sarah explains, "I would definitely recommend BOC for the incoming freshmen next year, because the friendships I've made have been awesome and have added to my college experience!" So if you're looking for a night out in the city or a fun thing to do in the mountains, the BOC kids know where to go.

# Best of Colorado



What was your favorite  
BOC event?

"Zip lining was my favorite event  
because I had never done anything like  
it before."

-Sherlynn Garces



"I liked going to the Dracula ballet. It  
was really fun to see!"

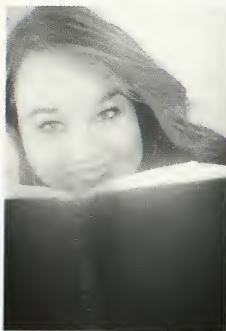
-Emily Farineau





"I work to establish a sense of community."

Ashley Smith



Ashley Smith was made for adventure and building community. That's why she opted to be director of Last Call, a final chance for seniors to explore their bigger Denver and Colorado communities and create lasting memories. Ashley explains, "As director of Last Call, I participate in 14 class bonding and professional events for seniors. I work to establish a sense of community within the senior class." Along with others in this program, Ashley "believes in making the most out of life, creating memories with good people, and building a personal sense of professionalism." However, what you may not know about Ashley is that she has a certain love for Tiffany & Co. Ashley says, "When my roommate and I spent Thanksgiving in NYC, we went to the store and snuck up to the secret private level." And when Ashley is not in school, she "loves to go golfing and explore hidden bookstores." At the end of the day, Ashley is glad that she chose to go to school in Denver so that she could explore the many adventures that Colorado has to offer.



# Calling all Seniors!

WHERE IS YOUR FAVORITE PLACE TO GO IN DENVER?

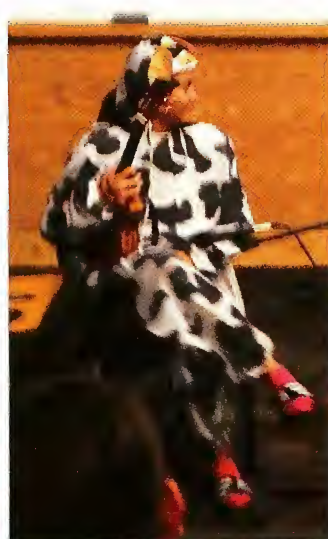




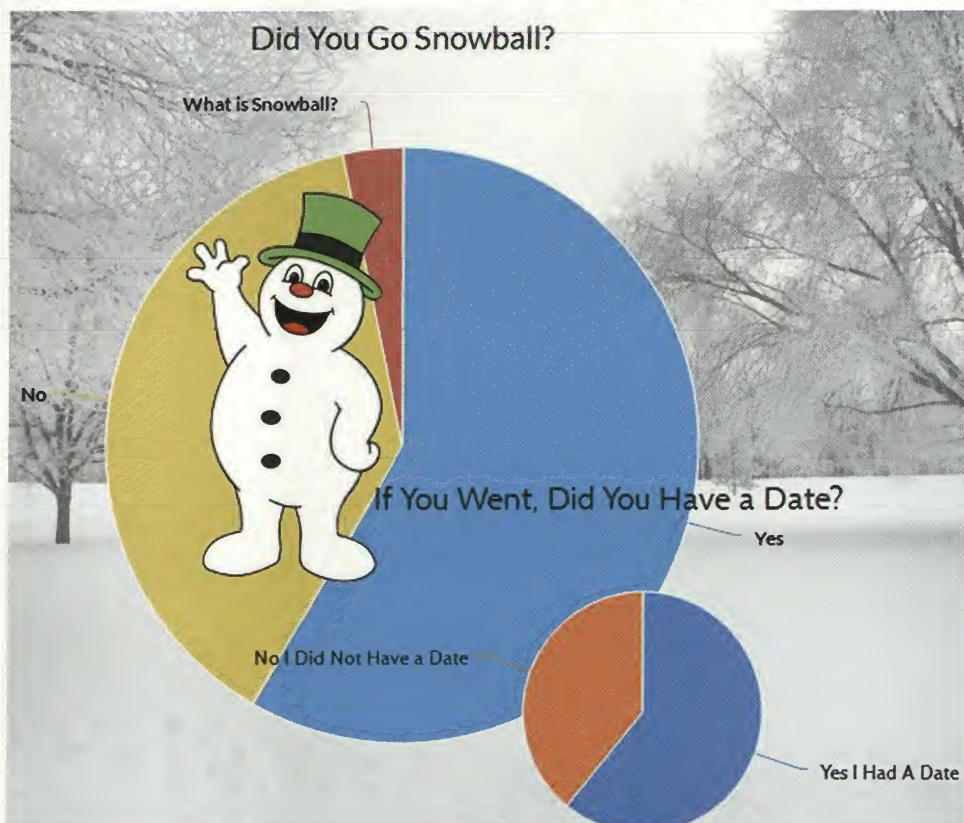
# Every Snowball needs an Ice Queen...



There could only be one ice queen at this year's Snowball, and female rapper and senior Politics major Farnaz Alimehri put on a great show. Farnaz not only gained the support of the entire audience at Ice Queen, but also stole the Ice Queen crown when she was picked to be the fairest of them all. Farnaz, manager of KRCX, believed Ice Queen wasn't something she thought she would ever do. She was reluctant at first, but her close friends and backup singer friends persuaded her to do it. When asked what her favorite part about snowball was, she replied in such an elegant and queen-like way stating that her favorite part "was that people enjoyed my rap so much! I wish I would've pulled a Mean Girls though and broken up my crown and given it to everyone." Farina is certainly a very kind queen to have.











# Retreat To Form Community



The Kairos Retreat attracts students, because it is an opportunity to form bonds with new people, grow deeper in faith, and spend a weekend in the mountains. This year, Jessica Samson, a junior, partook in the games, small group bonding, prayer, and talks by the leaders. She reflects, "My favorite memory of the retreat was spending time with my close friends and getting to know all of the amazing people on the retreat." In addition, she states, "I learned how my faith can bring me closer to my friends and to new people!" With its many activities, Kairos can be fun and beneficial for everyone who participates.

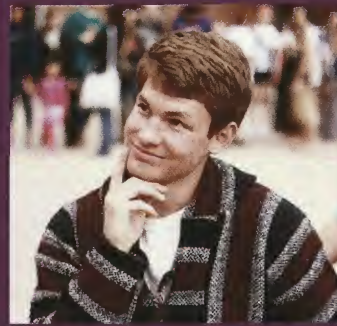




# Weekend Getaway



What was your favorite part of your retreat?



"What I got out of leading Kairos was a greater understanding of how God works in our lives and how he affects the world around us. I made a great deal of new friends on this retreat, and every individual who attended made me stronger in my relationship with God. I have a great compassion for this amazing experience, and it has greatly influenced me on how I perceive the world." -Clarence Wroblewski

"My favorite part of the student acts retreat was meeting students I have never met before and building relationships with them. We got a chance to do some team building exercises which helped us all work together and successfully complete a task." - Kat Nguyen





# Habitat for Humanity



Spring break is a time for adventure, a time to get away from Regis and experience the world! Angel Luna decided to spend his break doing service for others through Habitat for Humanity in Myrtle Beach, South Carolina. Not only did Angel dedicate his time to service, he also put a lot of time and energy into planning and leading this specific Habitat trip. Angel says that the craziest part of the trip “was being able to work side by side with a future home owner.” Angel states, “Being able to work on a house for someone who is need of one for their family is a blessing, and I am glad to be a part of that process.” Angel worked very hard and had a rewarding and fun trip serving others with Habitat for Humanity.







# Spring Break

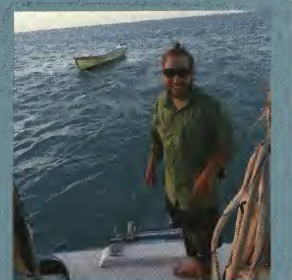


What was your favorite part of spring break?



"My favorite part of spring break was being able to bond with regis students on site but also on the beach and in outside activities. It's always nice to meet new people and see what they're all about." - Jessica Valenzuela

"My favorite part of spring break was going sailing in the Florida Keys with OAP. OAP provides once in a lifetime trips like sailing at affordable cost to all students at Regis." - Jack Doering







# The Drowsy Chaperone



As the president of the Regis Ramblers, Anne Marie Gilje puts her blood, sweat, tears, heart, and soul into presenting the Regis community with a wonderful performance each year. This year for the musical, *The Drowsy Chaperone*, Anne Marie has tirelessly lead her performers. Anne Marie stated that before the curtain opens each night, "I always make sure that I go the bathroom, but otherwise I get really pumped and excited. The worst thing is when I do not have enough energy for a show." She also made it clear that being the president of the Ramblers has always been one of her dreams; she explains, "I have always wanted to be a Rambler. It was one of the reasons I chose to come to Regis. I knew they had something musical theater-esque. Getting here was the plan all along! I love being a Rambler!" Anne Marie has put a lot of hard work and fun into helping produce a show worthy of watching and has succeeded.



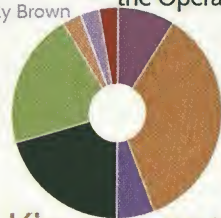
# Ramble On!



## What is your Favorite Musical?

Regis Students Said:

Beauty and the Beast  
The Phantom of the Opera  
The Unsinkable Molly Brown



Lion King  
Wicked  
Mamma Mia!  
The Wizard of Oz  
Pippin

**WICKED**  
The Untold Story of the Wicked Witch



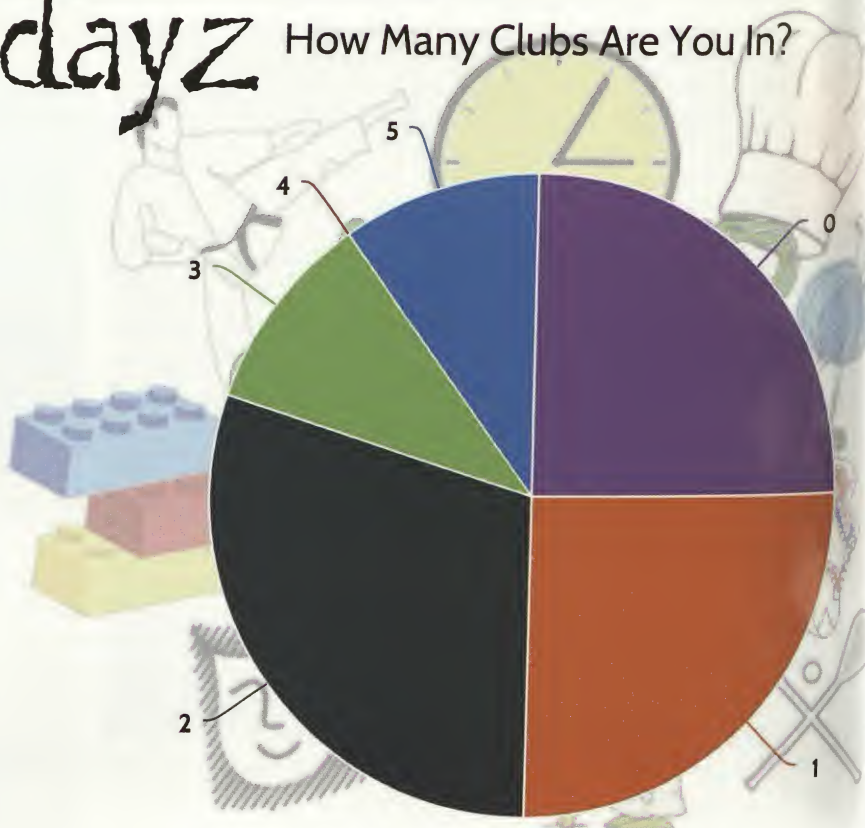
**THE LION KING**





# #Clubz for dayz

How Many Clubs Are You In?





# Scientist at Heart

In addition to hiking "fourteeners" for fun, Aimee Casias has participated in the Psychology and Neuroscience club for three years. She holds a passion for science and truly enjoyed being a member of the club. Additionally, Casias was a new member of the President's Leaders in Service (PLIS) this year. "I joined the Neuroscience and Psychology because science is awesome and the brain is the coolest part of the body. I decided to try to be a part of PLIS this year because it is great to know the alumni of Regis and a great way to network for the future." This year the Psychology and Neuroscience club hosted an ice cream social at the beginning of the year and a bowling night with the students and professors in that department. Casias attended both and "loved having the opportunity to spend time with other students that share similar interests".



## What was the coolest thing your club did this year?



"I'm in improv club and we went to conference in Longmont and learned how to use comedy to facilitate a story and conversation." -Mike Sucharski



"One thing we did that was pretty awesome was cycling to the Denver Botanic Gardens and having a picnic there while the Chihuly exhibit was in town!" - Kate Wipfler





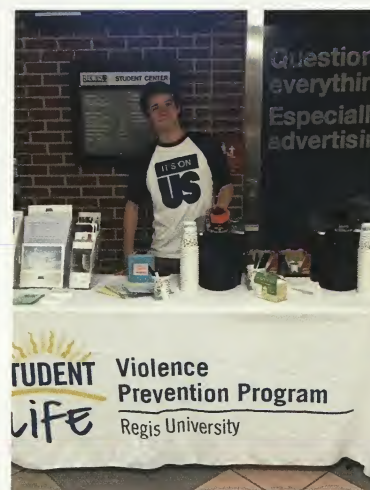
# The Start of Something New

New to the campus this year, the Violence Prevention Program is designed to help give students a voice and show them that together we can help prevent sexual, relationship and other forms of violence on campus. Stepping in to take charge is Andrea (Andy) Thyrring. Andy says, "I've had personal experiences that have made me sensitive to the importance in violence prevention and bystander intervention education on college campuses." As a new member to the Regis community, there are many things that people may not know about Andy. "I got my bachelor's degree in Health and Exercise Science and anticipated going to grad school for Chiropractic. After some reflection, I pursued a Master's in Higher Education with focuses on Inclusive Student Programs and Trauma & Recovery Counseling. I still utilize my degree - I teach yoga, am a certified holistic health coach, and help friends with training and nutrition programs." How did Andy get here you may ask? "When I was an RA, I had a student share with me some experiences they had that made them feel unsafe in the building I was running. I was floored by the fact that someone in my community, their home away from home, felt unsafe. No one should ever have to feel like they can't walk around their campus, engage in activities, or simply live their life safely. That experience has motivated me to support students and to work towards positive community change. When Regis posted the position opening last summer, I jumped at the chance to work at a school that has an emphasis on social justice and positive community action." Andy has already done so much for the students, as well as the Regis community and her work will continue to impact everyone.

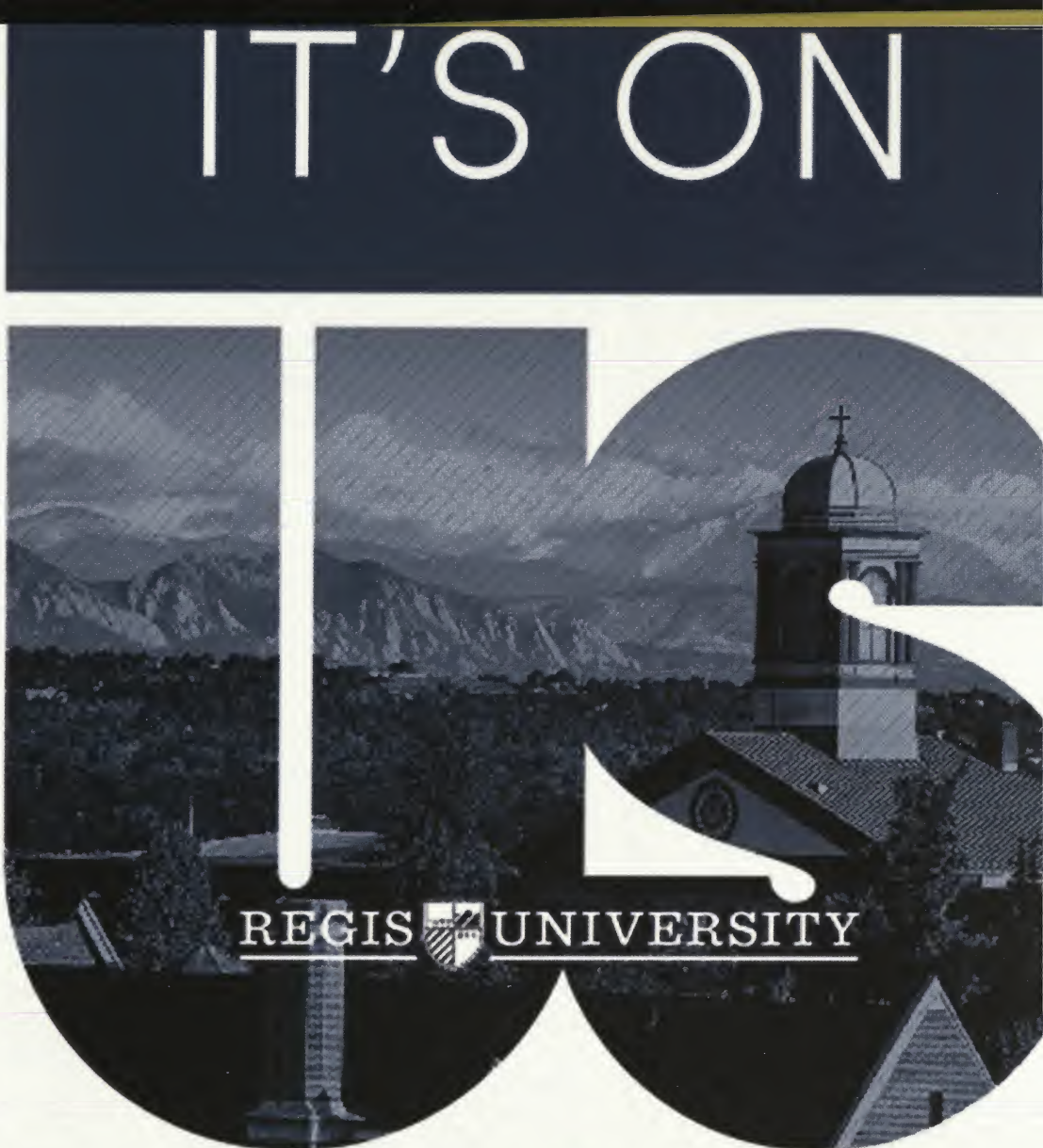
Andrea Thyrring



## Violence Prevention







# Taking *the* Pledge!

## Overview:

Regis had its first It's On Us campaign this year! It's On Us is a national campaign released by the White House in 2014. The goal of the campaign is to raise awareness and work to end sexual assault on college campuses around the US. Students, staff, and faculty took the pledge to end violence in our community. Almost 400 Regis community members pledged to recognize, identify, intervene, and create an environment where sexual assault is not tolerated. On November 13, 2014 the Violence Prevention Program held a Block Party and a Take Back the Night. Survivors from the community and students came to speak and listen to personal accounts about what we all can do to make a difference.

## Pledge:

To **RECOGNIZE** that non-consensual sex is sexual assault. To **IDENTIFY** situations in which sexual assault may occur. To **INTERVENE** in situations where consent has not or cannot be given. To **CREATE** an environment in which sexual assault is unacceptable and survivors are supported.

Special thanks to Andrea Thyrring, Colin O' Sullivan and the Violence Prevention Team



# “Seek more, do more, be more.”

## Sean Huft



As a student chair for Magis Week, Sean Huft, came together with many other faculty and student groups to put on events throughout the week that helped demonstrate Magis and civility. As a new event to campus, this week took tons of planning and discussion in order for it to come together smoothly and involve as many people as possible. When asked what inspired Huft to be a chair of this event, he said, “I campaigned on trying to get the name of Judicial Board out there and to increase its presence on campus. So, when I was approached with the idea of Magis week by J.J. Rowe, I had decided that this would be a great way in which to accomplish what I had intended to do.” After it was all said and done, Huft discusses what he thinks this week

brought to the Regis community: “First of all, I think one of the best benefits was just getting the word out about what Magis means. I’m a senior here, and it took this long for me to finally figure out what the word means and why it is such an amazing Jesuit value. I also think, well more so hope, that this was at least the first step to making a culture shift at Regis to get people to be more open to collaboration and not just letting an event or project fall to one person or group.” Magis Week is something that Regis plans to start hosting every year, and they hope that this week continues to inspire students and spread awareness.







# Magis Week

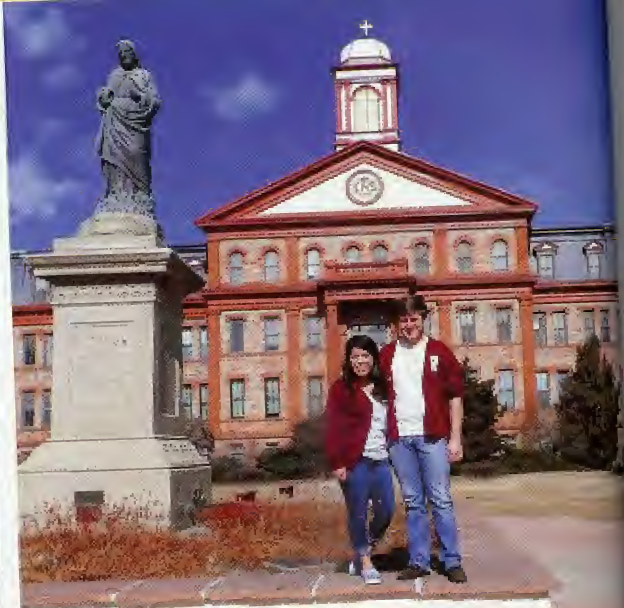
## Civility & Community Standard

Pearl Lackner



Attending a Jesuit University, there are certain morals that we are taught in by which we should live. Magis, meaning “the more”, is one of these to consider. In order to enlighten students on the subject, Magis Week was held on campus. One of the student chair members for the event, Pearl Lackner, expands on the purpose of this week: “I think our chosen motto really says it best: ‘Seek more, do more, be more.’ The purpose of this week was to present the student body with an opportunity to embrace our Jesuit pillar of Magis, or ‘the more.’” The week is now intended to be a tradition carried on throughout the years to help empower students and raise awareness about civility. Lackner says, “In this year’s Magis Week, and in Magis Weeks to come, my hope would be that we give students the time and space in which to discover what Magis means in their personal journeys, and how they can best live out the purpose of Magis, not only in our Regis community but in our greater global community.” The week was jam-packed with events designed to cater to many students, and when asked what her favorite event was, Lackner states, “My personal favorite had to be the Artistic Slam that took place on Tuesday night. Brian Walsh, an Associate Justice on the Student Judicial Board, single-handedly planned that event from the bottom up, and despite some initial reservations as to planning and leading this event, he did an absolutely fantastic job. I also think that this event fulfilled the Magis Week mission of demonstrating aspects of civility and community standards, specifically the right to respectful, yet truthful, public discourse.” Lackner helped start a campus tradition and hopes it will continue to benefit the student body for years to come.

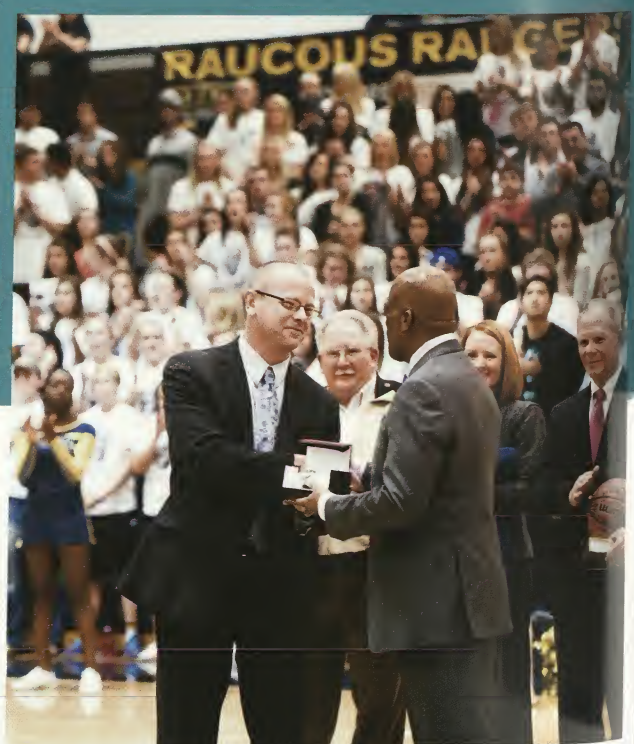




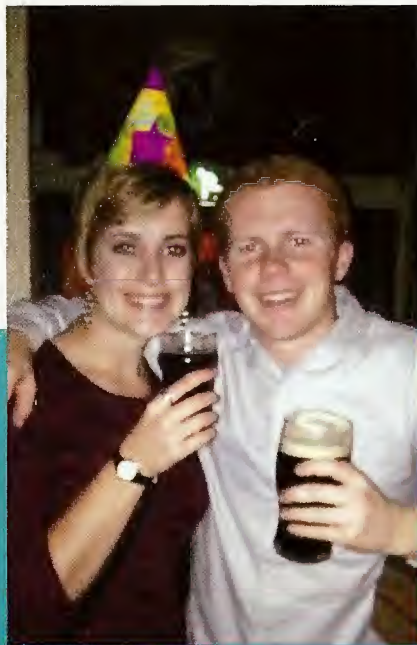












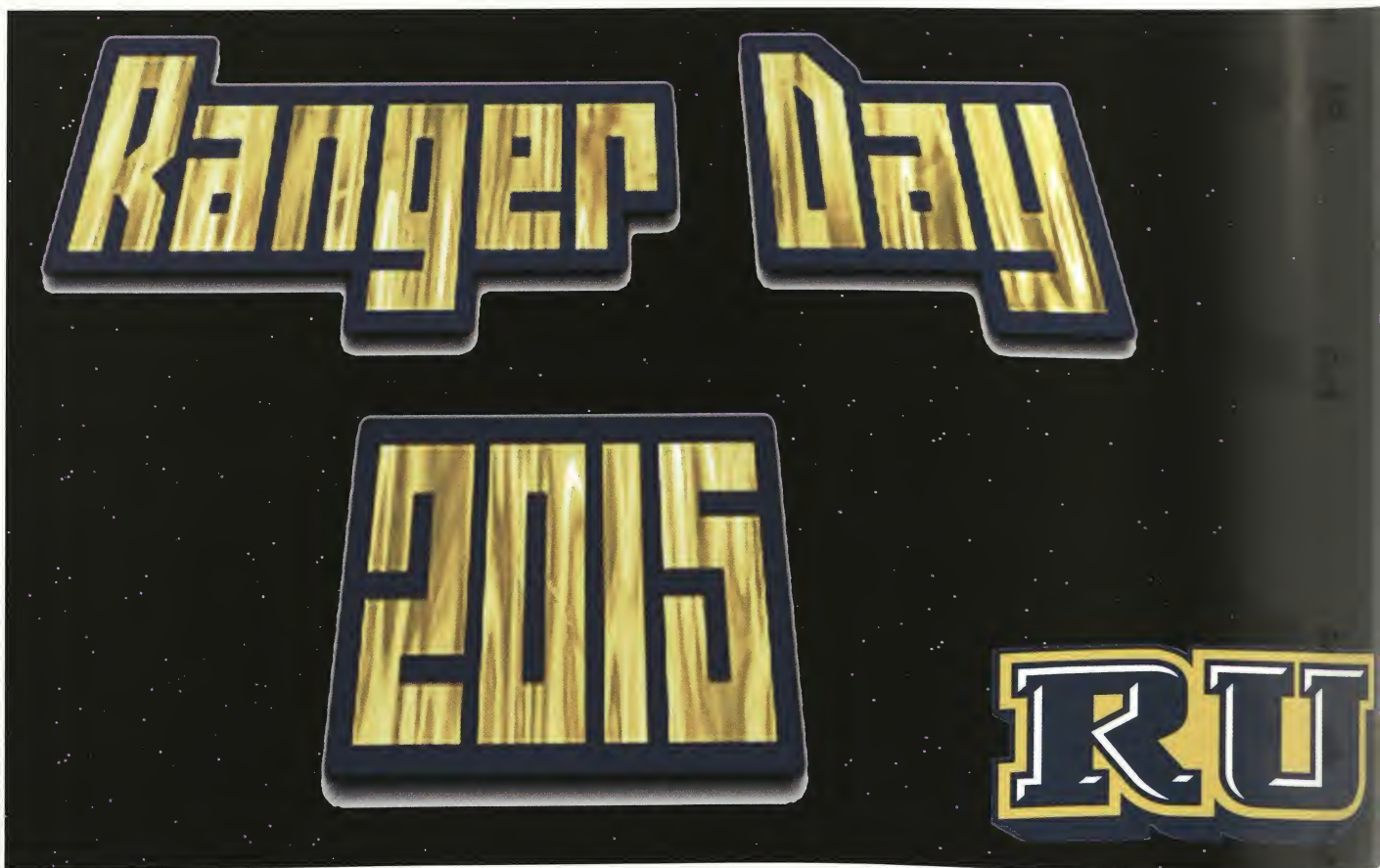


# Ranger Videos

Ramblers Musical : The Drowsy Chaperone



Ranger Week



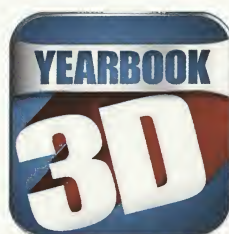




Spring Break

## Trigger Photo Directions:

1. Download and Open the Yearbook 3D application for Walsworth.



2. Find the images with the trigger image.



3. Point the device over the image.

4. Wait for the video to play.

5. Watch the image come to life!







...working hard and  
playing hard





# Going the Distance

## Two Teams One Family



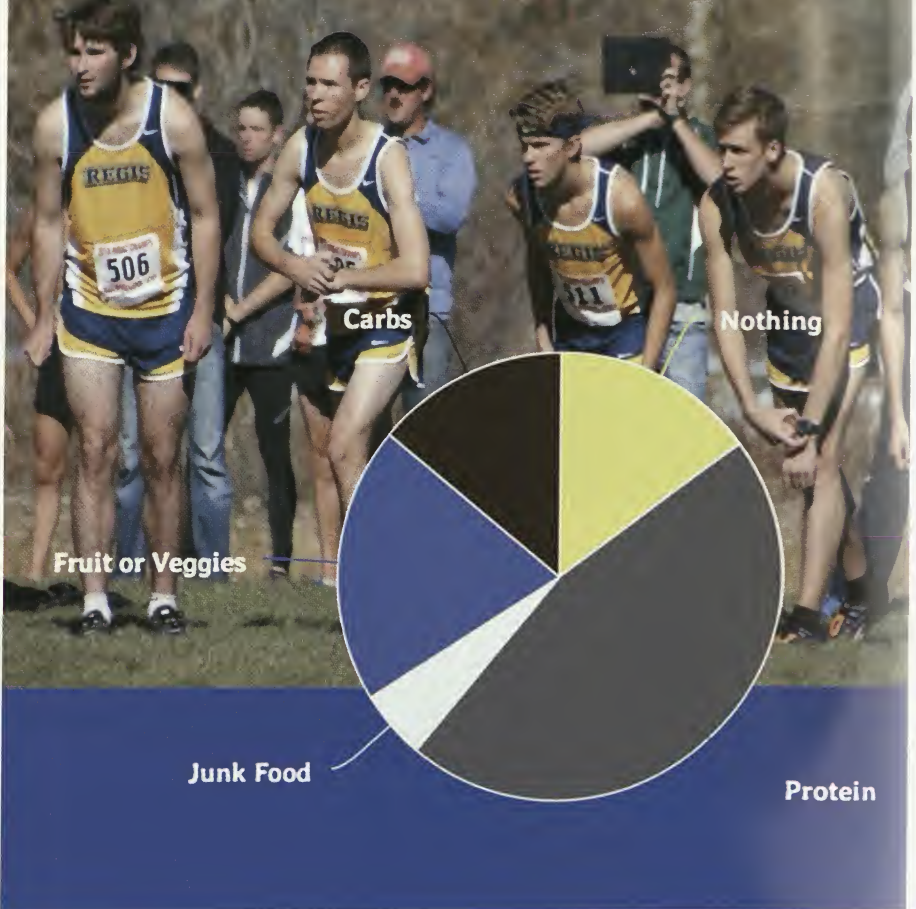
With "a lot of motivation, determination, and focus," Health and Exercise Science major Dominique Ortiz is given the strength and ability that she needs to have success on the Regis University Women's Cross country team. Throughout the season, Dom was given the opportunity to run all over Colorado and travel to Indiana to compete in the National Catholic Meet, but her favorite place to run is "back home in Southern California on the beach."

The sound of the waves while running on the sand always makes it [her] favorite place to run." Between running every day and traveling together, the Men's and Women's Cross Country teams always form a solid bond. All and all, (her) best memory has been seeing our team grow together with both men and women, along with a pretty big mishap with a waffle maker at our hotel in Indiana. It was so funny!"

-Dominique Ortiz



### What Do You Eat Before A Race?





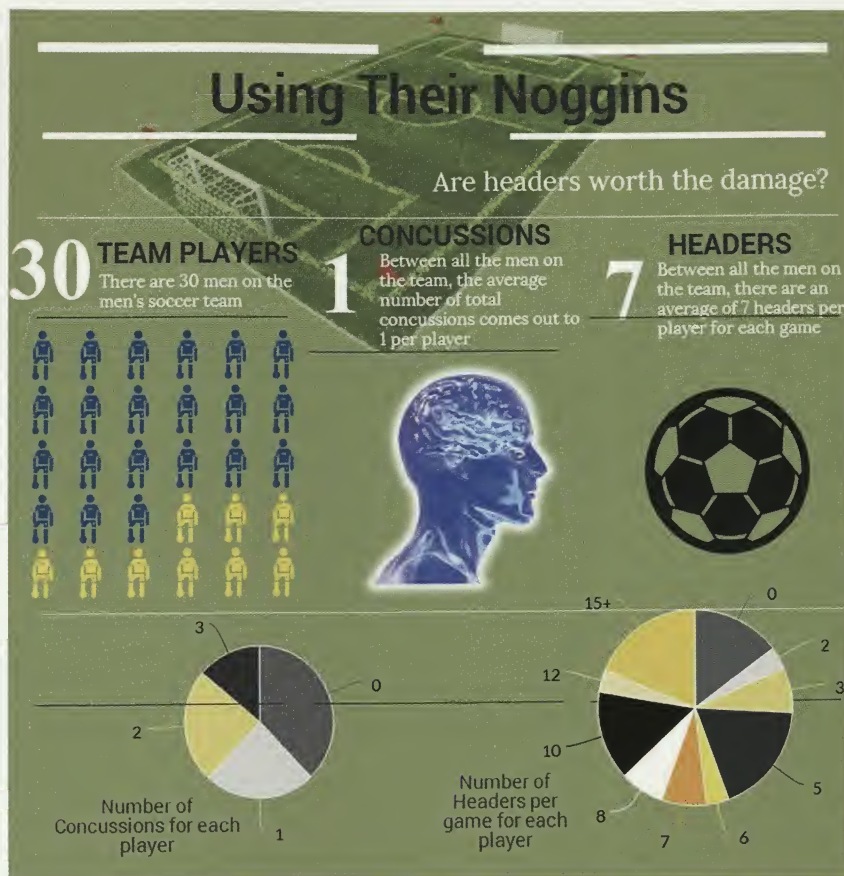


May the  
course  
be  
with  
you

Throughout life many individuals attempt to hide their wild side, but when it comes to sophomore Paul Armstrong, he chooses to run to it. During his second season with the Regis University Men's Cross Country Team, Paul has gotten the opportunity to run in many different locations while still participating in many "adventures with some of [his] best friends in the world!" One of his favorite experiences with the team this year was when they "ran through Waterton Canyon and saw lots of Rocky Mountain Bighorn sheep it was truly awesome." Paul is not the only one on the team that participates in various wild adventures during the season. While in Kansas, "Carlos Madera and I stole/rescued a pumpkin and named her Beth." In the future, Paul wants to be a teacher or some kind of a writer, but for right now, if you don't see him running around campus with his team, he is probably partaking in one of his favorite hobbies of "light saber dueling."

-Paul Armstrong





#7, Senior, Martin Maybin dribbles down the field.

#9, Freshman, Sawyer Lincoln sneaks by a defender

#13, Junior, Jacob Martinez.

#21, Senior, Arnthor Kristinsson takes a shot.

Run,  
Ryan,  
Run!

Urwiller at the 2012 Global Down Syndrome Dare to Play Soccer Clinic







# Decide. Commit. Succeed.



Beginning the sport at the young age of four, this year marks Ryan Urwiller's sixteenth year playing soccer. Like any athlete knows, there are a few things that just drive you nuts. "My biggest pet peeve about practice is definitely running, no one likes that." And as a midfielder and forward, Urwiller knows much too well how tiring running can be, but nothing is as rewarding as putting the ball in the back of the net. Keep up the good work, Ryan.



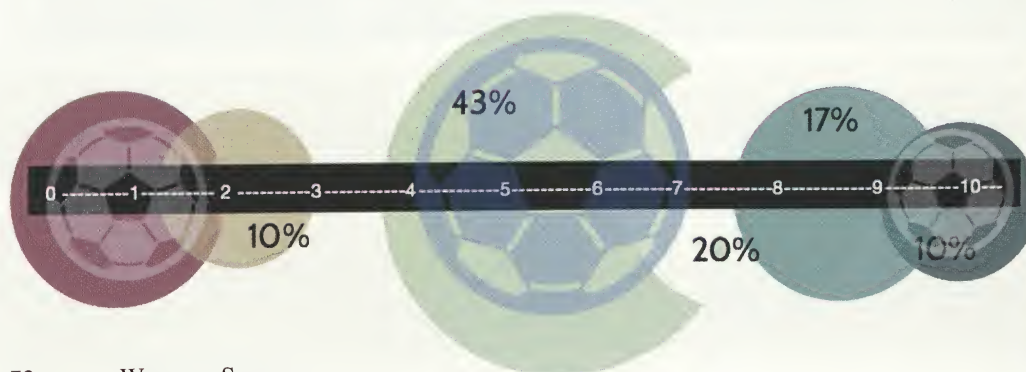


# Kick It Up

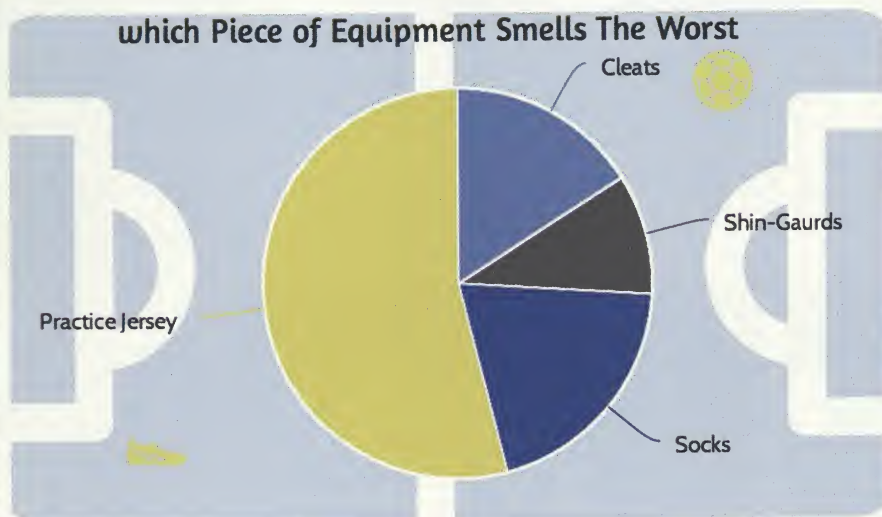
# A Notch

## How Dirty Do You Play

- #3- Rikki Fix
- #8- Taylor Hendren
- #10- Lizzie Thometz
- #12- Mickie Piechowski
- #14- Sid Otto
- #17- Kendal Kagawa
- #25- Emily Ashmore







# Catherine Anger

Catharine Anger's favorite part about playing soccer is being able to step away from school and life and just play her favorite game with her favorite people. She says, "The team is my everything. If I have school/family/soccer/relationship problems I go to them and they listen, support, and help me get through it all. Without Regis soccer I wouldn't have that drive, passion, and competitive edge that I have now." Other than playing soccer, Catherine likes watching Netflix in her free time, studying, hanging out with her housemates, and relaxing. She also loves to go skiing with her team once the season is over. Overall, if Catherine could sum up what women's soccer means to her in one sentence it would be: "RUWSOC: A bunch of girls who bleed and sweat together, fight through fitness tests and lifting, wake up at 6:00 am together, win and lose together, and ultimately is a family who strives to push one another to be the best they can be."

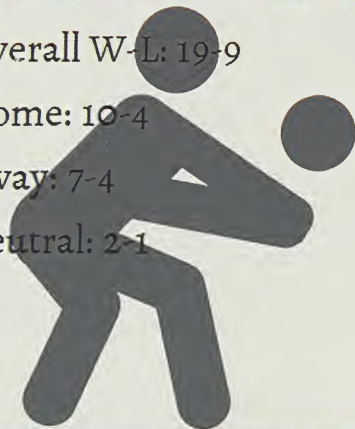




# Bump, Set, SPIKE!

## Overall Stats

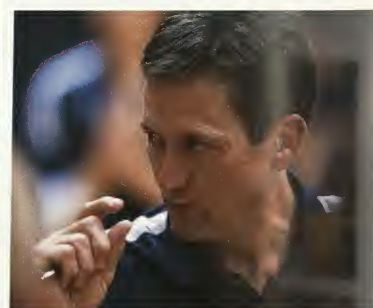
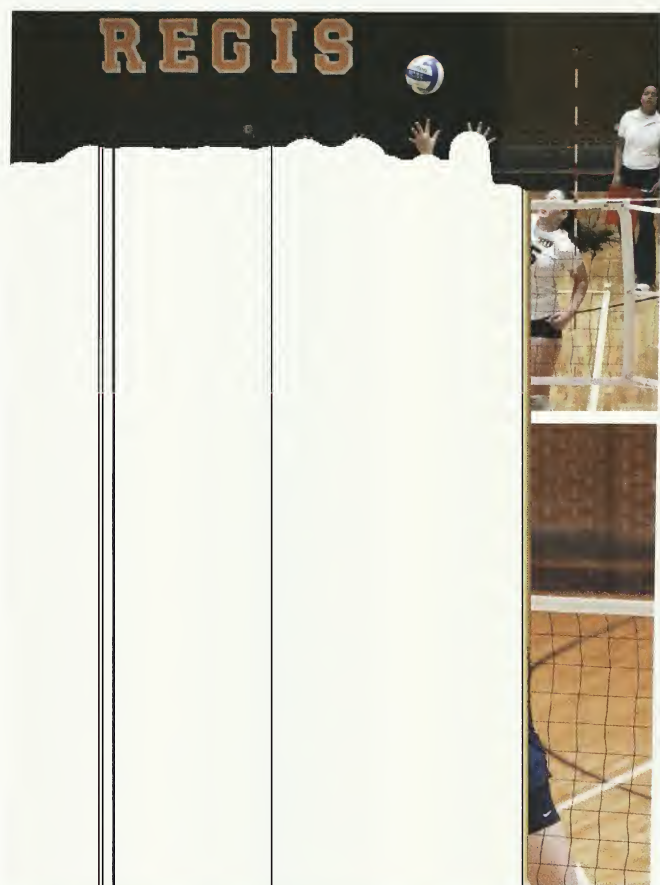
- Overall W-L: 19-9
- Home: 10-4
- Away: 7-4
- Neutral: 2-1



## Category Stats



- Digs: 1723
- Assists: 1301
- Blocks: 174
- Total Points: 1689



Cedar  
Bellows

Mother-  
Student-  
Athlete



Left: Cedar with  
her son Colt  
Right: Cedar  
enjoying the  
view in Venice







# Women's Volleyball



Volleyball player, Cedar Bellows finds joy both on and off the court. Some of her most memorable memories are the various trips she's taken with the team as well as spending time with her son, Colt. Last summer, Cedar took a trip with the team to Italy, Slovenia, and Austria to play competitive teams. On her trip, she got to experience many different cultures and experiences, such as floating down the Venetian canal, visiting St. Peter's Basilica, and rowing to the island of Lake Bled. Academically, Cedar is working toward double majoring in both Biology and Environmental Science.

Being both a student athlete and a mom has turned out to be one of the greatest blessings in Cedar's life. She is truly grateful to be given the opportunity to be a part of the team again and continue her education at Regis. She says, "I hope that my being here might eventually serve as an inspiration to my son, Colt, to not give up on what he wants out of life, even when the odds seem against him. I would like to say thank you to my parents for making me believe that I am capable of taking on this challenge, to my coaches for inviting me back, to my understanding teammates, and to my son for being a little trooper and my number one fan."



# We Get Our Daily Dose Garrett Jones of Iron

“I love to learn new songs and play them for anyone who wants to listen.”



Although some people may know him through his relationship with his favorite driver 'Cash Money Ferda', people that know Garrett Jones may be surprised to find out that he not only has a love for golf, but is also a seasoned athlete that has dabbled in soccer, football, and basketball so Garrett is always up to an challenge that is thrown, hit or putted his way. As a pre-match warm up, he likes to bench press his golf bag on the driving range even though some of his opponents enjoy a lengthy stretching session instead. However, something you might not know about Garrett is his passion for music. He's played the piano for eleven years and has been teaching himself how to play guitar the past two years. "I love music of all types, and I love to learn new songs and play them for anyone who wants to listen." Garrett's love for music cannot be tamed, along with the guitar and piano Garrett lets his wild side show when he gets the desire to strum his ukulele.



## Drew Vance

Hometown: Lakewood, CO  
Average Score: 74.6  
Average Par: +3  
Total W-L: 250-135



## Chris Hart

Hometown: Happy Valley, OR  
Major: Accounting  
Average Score: 78.6  
Average Par: +7  
Total W-L: 104-281



## Dallas Perrault

Hometown: Westminster, CO  
Major: Sociology and Communication  
Average Score: 76.8  
Average Par: +5  
Total W-L: 114-218







2nd Middle- Claire Rainford, Karli Denk, Rachel Rodriguez, Nicole Hulbert, Kelsey Thompson.  
2nd Right- Nicole Hulbert, Claire Rainford, Kelsey Thompson, Rachel Rodriguez, Karli Denk, Lauren Hundley, Palua Bauer.

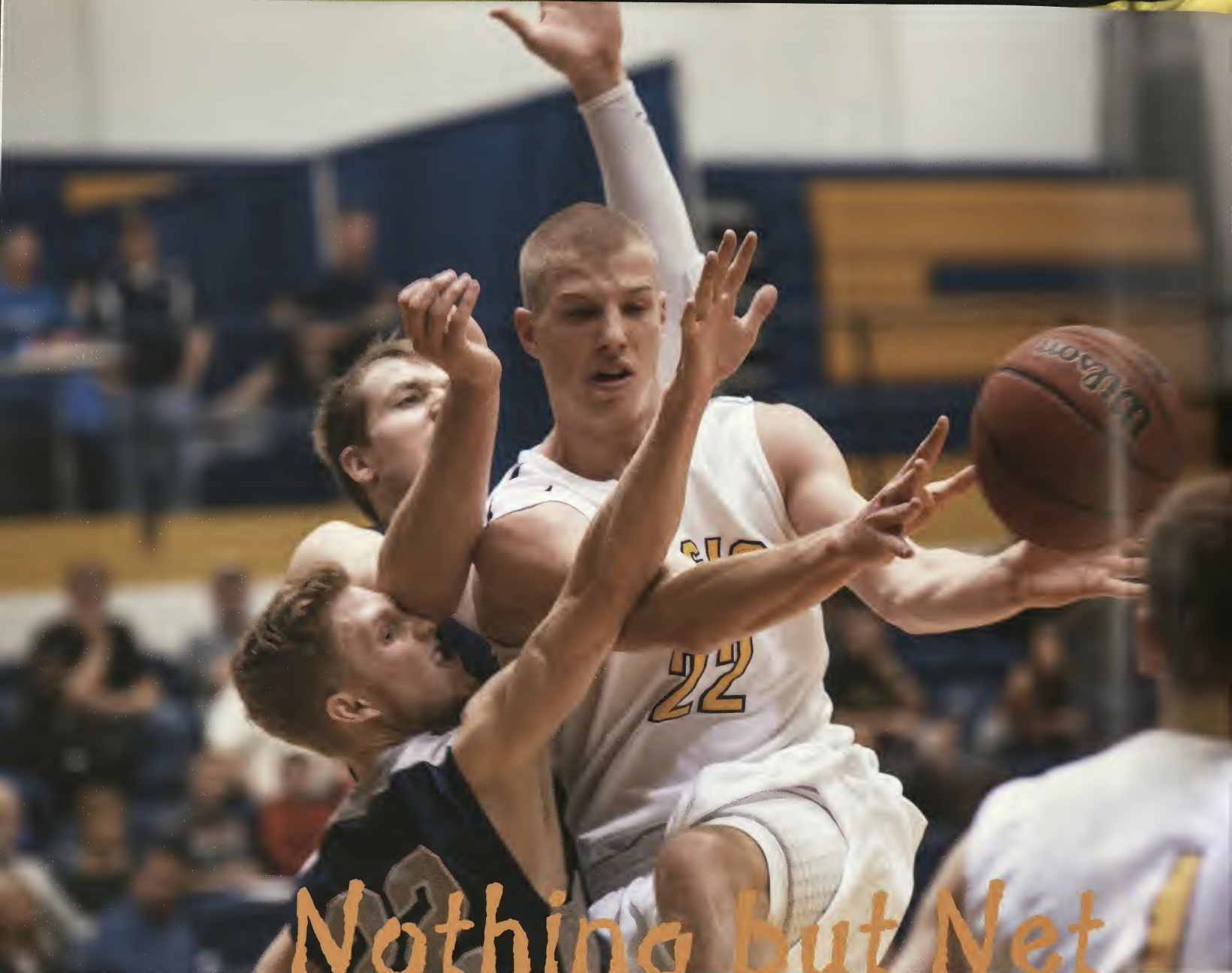
## Karli Denk

I love to hike and craft!



Karli Denk, an Elementary Education major, loves kids just as much, if not more, than she loves golf. Before teeing off, it is a must to belly-bump everyone else on the team for support. And like Karli's favorite club, the nine iron, she is always ready to propel herself forward. Besides golfing, Karli also enjoys hiking, crafting, and nothing could beat a good ol' movie night watching "Uptown Girls," because it makes her "smile-cry every time." And if you're ever wondering who's hanging out with those squirrels on campus, Karli says: "my wild side includes a tiger costume in which I climb all the trees on campus."





# Nothing but Net

## Meet the Players



**3-Billy Hansen**  
**Year: Junior**  
**Height: 6'3"**  
**Position: Guard**  
**Average Points Per Game: 3.1**



**22 - Dexter Sienko**  
**Year: Freshman**  
**Height: 6'6"**  
**Position: Forward**  
**Average Points Per Game: 9.9**



**30 - Bryan Siefker**  
**Year: Sophomore**  
**Height: 6'3"**  
**Position: Guard**  
**Average Points Per Game: 5.8**









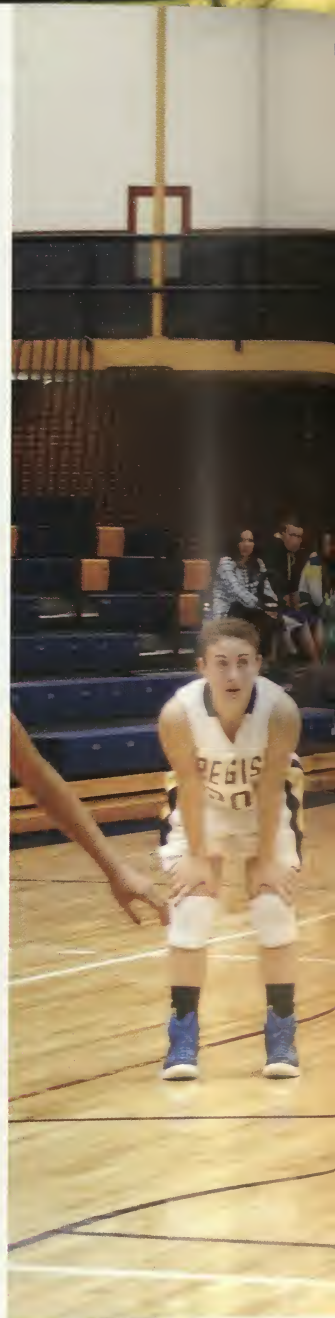
# Season Statistics



13 Players

- 22 Games
- 14 wins
- 8 loses

- 1535 total points
- 69.8 points per game



## Making it Count

Health and Exercise Science major Bay'lee Purdy is a senior planning to become an athletic trainer. Playing basketball at Regis University has made her a responsible college student due to time management with classes and athletics. Being able to be apart of the team "means everything since it has been my dream ever since I was little to grow up and play college basketball." By being able to fulfill her childhood dreams and go on various trips with her teammates, Bay'lee has gained a second family that shares a strong passion for the game that has become such a big part of her life.







# Taking The Best Shot



Teammates, friends, and competitors are a part of Erica Von Stein's life everyday and are her absolute favorite part of being on the women's basketball team. She says, "Over the past four years, through basketball I have made the best friends I have ever had, because we are together every day going through the ups and downs of being a college athlete." She doesn't just enjoy playing basketball she also enjoys going on trips with her teammates. Her "favorite part about away trips is the food! We eat at really good restaurants, and we eat a lot because of all the calories we are burning off. So, lots of free food is always great!" Although you won't see her on the court next season because she is graduating this year and is starting a job with the accounting firm BKD, her time on the women's basketball team has taught her many lessons that will help her tackle many different problems in the working world next year.





# Plays On The Field

## CJ McGrady

Height: 6-0  
 Year: Jr.  
 Hometown: Tempe, Ariz.  
 Position: INF/OF  
 Major: Accounting  
 Bats/Throws: R/R



## Brad Thoutt

Height: 6-5  
 Year: So.  
 Hometown: Highlands Ranch, Colo.  
 Position: P  
 Major: Accounting and Finance  
 Bats/Throws: R/R





## Leading a Young Team

Junior right handed pitcher, Kirby Schwein, works hard at every practice, game, and team event so that he can make the Regis baseball team better while putting personal motives aside. He shares this passion with many others on the team; he shares, "With this being the first full year with Coach Terry, we are excited to see where this season will take us with this young group of guys." With such a young team, veteran players like Kirby have had to step up and lead the younger players. Overall this year, he is "looking forward to watching the talent that we have in action." He says, "We have a young, talented team that is going to be a lot of fun to watch play." With young players with strong leadership, the men's baseball program has a strong future ahead of them.



## Much More Than Just A Game

With a stellar combination of talent and team chemistry, junior outfielder, John Mulhern, feels like the Regis team is not just a varsity athletic program but also a brotherhood where everyone has their role and together, they create success. As an outfielder, John has a unique perception of not only the game but of the players as individuals. As John looks back on his freshman year he discovered that he came to the program an "immature boy who thought he knew his way around the baseball field and [is] becoming a man who is realizing that it is about so much more than just a game." But with the support of his teammates and help from his coaches, he has learned so much and hopes to continue to learn as he plays.







What is your favorite part about being on the Regis University softball team?



"Probably the opportunity to do what I love with my best friends day in and day out. I've never been on a team that has as much team chemistry as we do this year and it's such a different feeling in a good way and we are performing really well." - Carlie Sexton



# Wild and Crazy Friendships





# Diamond Divas



Sophomore, Bradey King, has been playing softball for 12 "beautiful" years and enjoys every minute she spends with her teammates on and off the field. Bradey states, "The best thing that has happened during my time playing at Regis would have to be the wild and crazy friendships I have created." Playing for a Jesuit school has proved beneficial for Bradey as she says, "My favorite team tradition is the prayer we say before each game. Giving thanks to God that we get to play the game we love is quite the 'pump up'. God is good." Off of the field, Bradey also enjoys spending time with her family, friends, boyfriend, and puppies, as well as photography, shopping, running, basketball and laughing! So whether she is on the field or hanging out with friends, Bradey is sure to have a fun time.







# Crossing Sticks

## Meet the Players



**Emily Behr**  
 Year: Senior  
 Hometown: St Lois, Mo.  
 Position: Midfield/Attack



**Sarah Lugo**  
 Year: Sophomore  
 Hometown: Bolingbrook, Ill.  
 Position: Midfield/Attack



**Emily Elkins**  
 Year: Junior  
 Hometown: Aliso Viejo, Cal.  
 Position: Midfield/Attack







# Melissa Hastie

## Living the Lax Life

When asked what she likes to do in her free time, the women's lacrosse team captain Melissa Hastie tells of her love for spending time outdoors as well as enjoying time with her friends and teammates. She enjoys various other activities such as hiking, bowling, as well as playing capture the flag on the Regis quad. Outdoors, Melissa loves the sunshine and spending time at the beach in her home state, California. One of her greatest passions in life is playing lacrosse and she practices every day as much as she can.

Regis is like a second home for Melissa. The time spent working on homework as well as practicing with her teammates is truly a life changing experience. When asked what inspires her about Regis, Melissa said, "I never really understood the mission or six Jesuit values of the school until my capstone this year. After learning them, I'm more motivated to be a better human being, helping those around me and caring for not only myself but my classmates." Melissa will continue to be inspired by the world around her and will continue to play lacrosse in the many years ahead.





# Varsity Sports



Women's Soccer

Women's Lacrosse



Women's Cross Country



# Men's Soccer



# Women's Volleyball

# Men's Cross Country







Men's Baseball

Women's Basketball

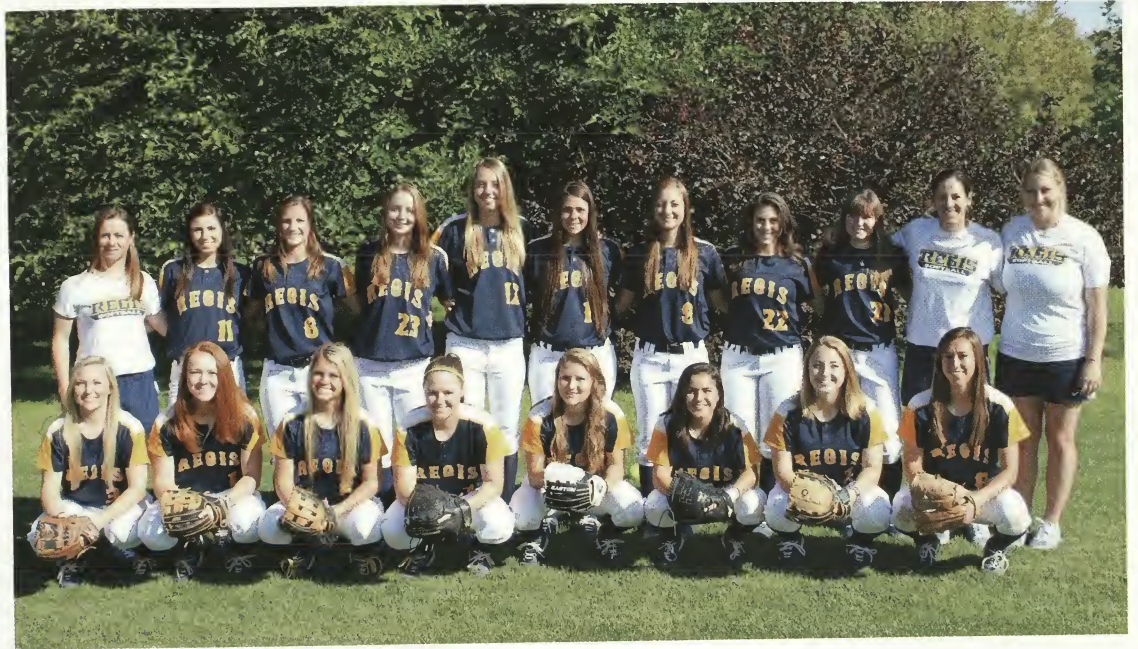


Men's Golf



# Varsity Sports

Women's Softball



Men's Basketball

Women's Golf







# One Athlete, Two Sports







# Unity is Strength

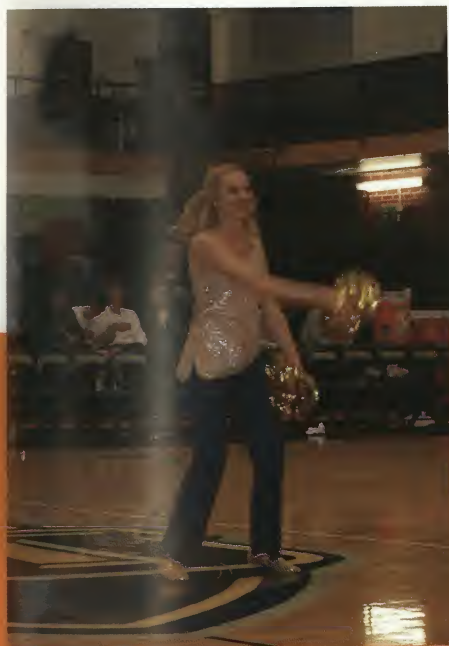


Cameron Trost knows a thing or two about athletics. He played both lacrosse and football in high school and continued to pursue his lacrosse career here at Regis. Trost has been a starting defenseman for the Regis Men's Lacrosse team since freshmen year. As a sophomore, Trost decided he needed a bit more of a challenge, so he tried out rugby for the first time; he says, "It's very physical, a lot like football. Balancing both sports and having a social life was difficult, but definitely worth it in the end." As any student knows, balancing a social life and school can be difficult, but try participating in not one, but two sports and the task may seem impossible, not for Trost. He states, "The experience was great. Was it difficult? Yes. Was it worth it? Absolutely."











# ... Adding Skills to the Toolbelt

**RU**









# Beyond the Books

Timothy Wanninger



Many students consider school a place where you go to class and learn and that is all, however some students view it as a place for opportunity and take advantage of all it has to offer. Timothy Wanninger, member of Alpha Sigma Nu, is one student whose involvement on the campus is notable. Timothy (Tim) Wanninger has distinguished himself as a biology and biochemistry double-major. He has worked on several research projects, notably including a study on interactions between salmonella bacteria and tumors with Dr. Kristi Penheiter at Regis, as well as work on RNA folding and virus/host interactions. As a student in the honors program, he is integrating these research experiences with religious questions in his senior thesis. Tim is also a teaching assistant in the biology department, treasurer of the Tri-beta Biological Honor Society, and a flutist in the chamber wind ensemble. He has volunteered as an assistant at two local hospitals, and also for fundraising events such as "Step Up for Down Syndrome."

## Honors Societies

What have you gained from being on an Honors Society?



"I think it has given me a new perspective on leadership and hardwork and has given me an opportunity to step up to be a part of something bigger than myself." - Halea McAteer (Lamda Pi Eta)



"By being on an honor society I have gained knowledge and experience in scientific research that has helped me along the path of deciding what future career I would like to go into." - Julia Wrona (TriBeta)



Photos by John Gaudio, 303-870-1044, YesterdaysPhotos.com



## How has RegisCorps impacted you?



"RegisCorps has helped my leadership tremendously. During the program, I have been able to learn about leadership styles and concepts I would not have been introduced to. In addition, I have been able to attend multiple conferences, retreats and workshops, which focused on cultivating personal leadership strengths." - Jace Prokupek



"RegisCorps has helped me develop as a leader both inside and outside of Regis. It has helped me find a better direction of the life I want to lead after Regis and build strong relationships." - Justine Espinosa



### Most Influential Leader?



## Leadership

### Professor Dave Law

Dave Law, professor for RegisCorps and Student Activities Extraordinaire, says the wildest thing he has ever done was "two years ago I shaved my head, grew a goatee and dressed up as Fr. Bart for Halloween. It was kinda like Breaking Bad does Umin." Dave Law's wild side plays into his teaching and passion that leads to RegisCorps. He says, "Our goal is to walk with student leaders — helping them gain a deeper appreciation and understanding of their own innate leadership skills, how to create high functioning organizations, and lead with the common good in mind." Dave Law has worked on campus since 1996, and claims that Regis has been his favorite place to work.



# Strengthen Your Core

Do You Think Your Core Classes Help?



- Yes! they did help
- No! they did not help

What has been your favorite core class?



"Probability in Statistics, because I learned that math can be fun. Math is now a part of my everyday life."

-Daniel Lund



"Interfaith Dialogue, because there were panels of people from different religions each week, and it really helped break down stereotypes."

-Emily Ucelli



Students working on their writing in Dr. Swanson's Reading Nature, Writing the World class

## Creative Inspiration

When asked about his wild side, Dr. Hicks would say, "I'm not wild." Yet, many people are not aware that Dr. Hicks is a published fiction writer. Every free minute he has, he "tries to sneak away a coffee shop and write." In the time that he is not with students, he is writing. He likes to write short stories, but he also just finished writing a novel that he is working on getting published. He has dabbled in other activities like basketball and playing the saxophone and enjoys hiking, but the majority of his free time is devoted to writing.

Dr. Hicks says that he is most inspired by artistic people and "people who make things." He is not very inspired by great speakers, but is most impressed with poets and painters who have a creative impact on the world.

He says that the most "wild" experience within the classroom is usually in the class in which he asks his students to write about a traumatic experience within their own life and to share a secret that they are keeping with the rest of the class. Students read what they have written to each other and everyone cries, but in the end, it makes everyone feel closer. Dr. Hicks says that the experience is "absolutely magical." Overall, Dr. Hicks' "wild side" is centered on writing and the artistry and inspiration of other creative minds.



Dr. David Hicks



How did you choose  
your writing seminar?



"Music has always been my passion, and once I saw that there was a writing seminar on the history of music, I felt as though this class was for me!"

-Megan Seidenstricker

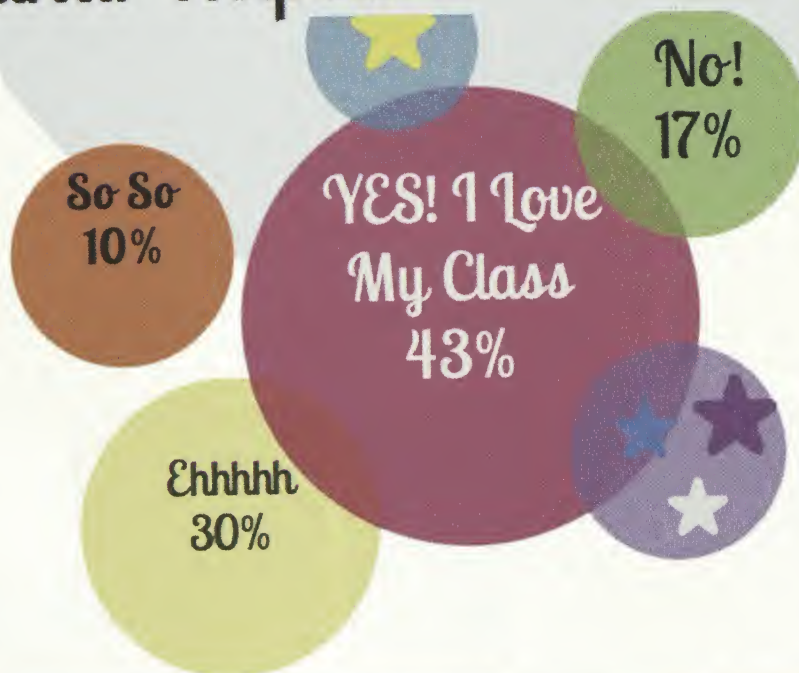


"My writing seminar sounded really interesting. I have never had an experience writing about the subject in such a way."

-Hannah Creasman

# All the Write Moves

## Has Your Writing Seminar Helped?



## Inspired By Music

Although she does not consider herself to be very "wild," Dr. Wright still likes to have fun and find inspiration in all aspects of her life. She is very influenced by music and enjoys attending shows and concerts, her favorite show being Sweeney Todd. Dr. Wright enjoys music performed at the highest level possible, no matter the genre. She is inspired by the "dedication to high standards." She really just likes to be around people; She likes to be within a live audience of people and to experience the sense of community and life around her.

Dr. Wright is also highly inspired by her students. She says her students amaze her and have "such profound thoughts." She loves "seeing amazing things play out in class, and it is the most rewarding part of [her] job." Her "wild side" comes out a bit more when she hosts a pizza party at her house every Friday night. She loves to entertain, and everyone is invited, including friends and neighbors. This pizza party serves to celebrate the end of each week. Overall, Dr. Wright tries to find inspiration in many aspects of her life and to be involved in the life around her.



Dr. Trudi Wright (third from left)



Students learning about music in Dr. Wright's writing seminar.



# Inspired by Transformation

Left: Meg Thams skiing with her family in the mountains (Thams stands in the middle)  
Right: Thams with her son



## Meg Thams

When asked what she likes to do in her free time, Business professor, Meg Thams conveys her love for dumpster diving. This entails restoring antique wood furniture and other building materials and furnishing an old cottage she owns in southern Colorado.

Thams is inspired by many

people and the world around her. She says, "I am inspired by the growing movement toward a more interconnected and compassionate world view and by those who use their passion, creativity, sense of justice, and energy to improve our collective existence on this earth. Imagine what could be accomplished if we took the same time, energy, and money we spend in angry complaining, finger-pointing, and hateful partisan exchanges and spent it working more cooperatively on the development of creative ideas and productive solutions to address social issues."

At Regis, Meg is inspired by the many students and colleagues she works with who are finding new ways to look at old problems and think outside of the box. Reflecting on many ideas and models allow her and her students to learn more about the world of business.

Meg Thams also enjoys hiking, bicycling, skiing, running, watching college football and following baseball teams. Ever since her son left for college, Thams has continued her love for dumpster diving as well as transforming many students' lives at Regis University. Inspiring others through the business world has been a great joy in Thams' life, and she will continue to do so in the many years to come.

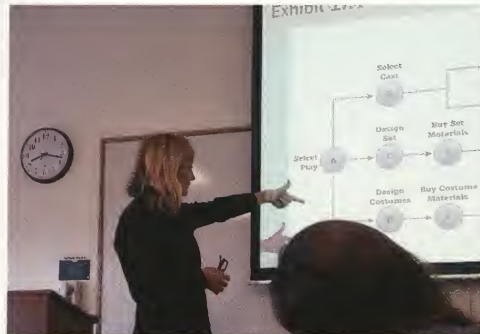
## What is your favorite part about being a business major?



"My favorite part about being a business major is the emphasis on knowing about yourself to better lead others." - Brian Kucel

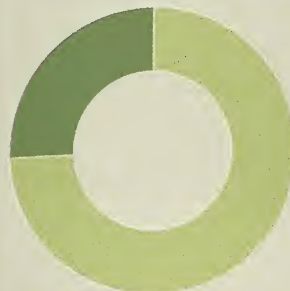


"The business world needs a touch of social justice and I want to be the one to bring it." - Alvin Peregrino



Left: Business teacher, Mrs. MacDonnell teaches students about critical path method

## Do you support Local OR Corporate Businesses?



74 % of Regis students support Local businesses

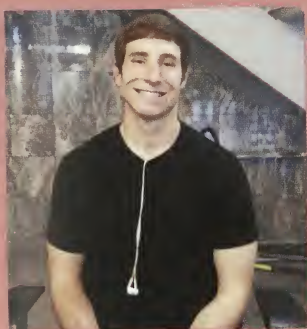
26% of Regis students support Corporate businesses



# Managing the world



What is the hardest part about your major?



"Theorie Tax 1 has been the hardest class because the tax code can be confusing as a pile of fecal matter." - Frank Graziano



"The hardest part of being an accounting major is balancing your study hours among other classes." - Omar Oronia

## DO YOU BUDGET?

How well do you keep track of your finances?



### Sometimes

56 % of Regis students said that they budget sometimes

### No

24% of Regis students do not budget their finances

### Yes! Every day, Every second

20% of Regis students have their finances budgeted down to the last dime

# Road to Profit



Above: Mr. Edmonds at Regis on February 9, 1997



## Investing in Success

Thomas Edmonds

Accounting professor, Thomas Edmonds finds joy spending time outdoors and seeing his students succeed. In his free time, he enjoys hiking in Colorado's mountains, bird watching, and playing golf with friends. Edmonds finds beauty outdoors and loves to spend as much time as he can outside.

Edmonds is inspired by the students he teaches and the Regis community as a whole. One of the greatest joys he experiences is seeing his students succeed throughout college as well as their success once they graduate. He feels most accomplished when he sees his students working in both small and large CPA (certified public accountant) firms or working in businesses with very responsible positions. Watching his students succeed inspires him to "keep going" and continue to inspire others both inside and outside of the classroom.

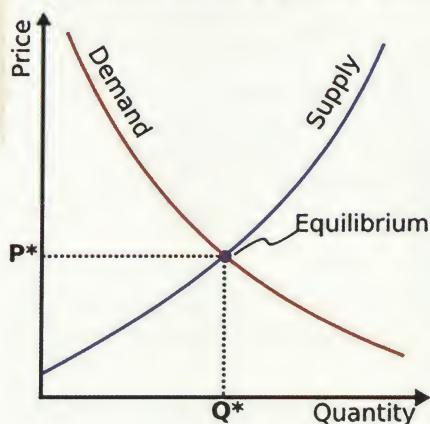
Outside of the Regis community, Thomas Edmonds lives a very simple life and revolves his passions around what he teaches. Some of his greatest passions include consulting and investing in the stock market. To Edmonds, influencing others through the accounting world has been and will continue to be a passion of his. His influence over students allows them to succeed today and in the future.



# Optimizing in Success

## Which of the Following is the Supply and Demand Curve?

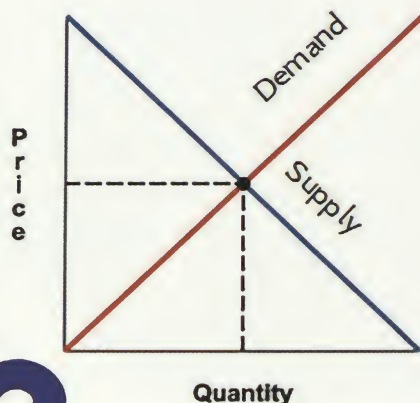
When shown the following pictures, students were asked which curve represents the supply and demand curve...



64 %  
said this one  
(they were  
right!)

?

5%  
said they  
were unsure

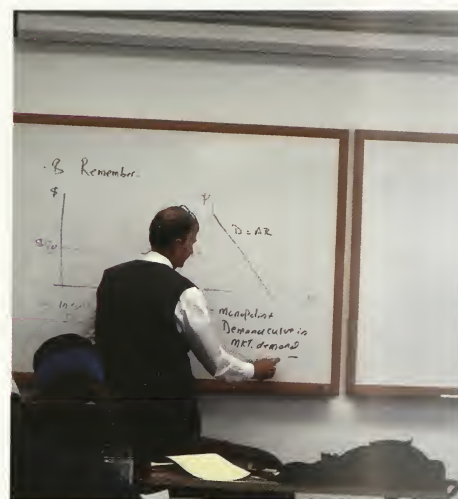


31%  
said this one

What do you think  
of the Invisible  
Hand?



"I don't think it's based in any date that we have measured. That's why I picked political economy, because policy influences have more measurable outcomes." - Ian Drew



# Thriving on Inspiration

AnaMaria Conley

When asked what her "wild side" is, Economics professor, AnaMaria Conley conveys her love for doing martial arts as well as gardening, knitting, reading, and attending Mass weekly. To her, attending Mass and living a spiritual life is "immensely satisfying, joyful, and uplifting." Over her teaching career, Dr. Conley has experienced many crazy things in the classroom. One of her most memorable moments was when she asked her students how much time was left until the end of class. Students told her there were five minutes left when in reality, the class still had thirty minutes left.

When asked what inspires her the most, Dr. Conley states, "People, both as individual persons and as humanity. The human condition and the condition of human beings matter deeply to me." Also, many aspects about Regis personally inspire her. She enjoys experiencing how inclusive the community is as well as how kind and genuine people are. The Regis community inspires her to want to become a better person.

AnaMaria Conley conveys her love for Regis by stating how Regis has become an extension of her home. She loves spending time on campus by working on the community garden and laughing with her students in the classroom. To her, Regis University is a community filled with love and support, and Dr. Conley will continue to be inspired by it as well as continue to inspire others inside and outside of the classroom.



Conley with members of the Jiu-jitsu dojo  
Pictured: Front row, fourth from the left



What is your favorite part of being a computer science major?

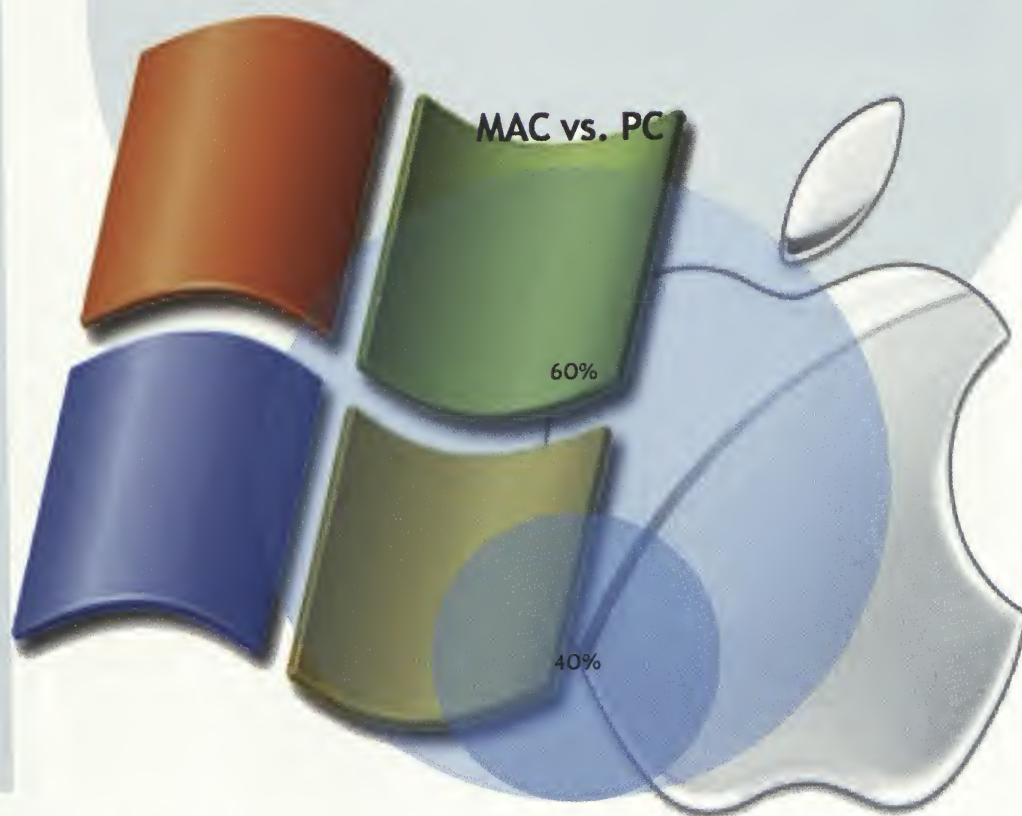


"They say there are two states for every programmer. The first is not knowing what your doing and the second is the feeling of being a God. When you understand what you're doing it really is a great feeling." - Erin McAleer



"Job Security." or "Being involved with the latest technology- not only knowing how it works, but finding a way to make it work better." - Steven DeStefano

# Tech on the Rise



## Planting a Purpose

Trisha Litz

Over the years, Computer Science professor, Trisha Litz has enjoyed doing many various activities including riding horses, hiking, and spending weekends in the mountains. One of her greatest passions is collecting old things and turning them into something else, for example, turning an old bed post into a coat rack. After she finishes making something, she then takes it up to a store in old town Littleton and sells it to others.

Inside of the classroom, Litz likes to brighten up the day by starting class off with music and singing or dancing. At Regis, she has experienced many great memories including the support of taking two trips to Ethiopia as well as a recent trip to Kenya. While in Kenya, Trisha Litz helped plant a tree at the Uruke Girls School and worked in a field of tea plants with her friend, Henry Kiara.

The Regis community has inspired Litz in many different ways. One of the greatest things Litz loves is how alive and thriving the Regis mission is, and she says, "We aren't perfect, but most of us here are working at making ourselves and the world a better place." She loves knowing that her purpose on and off campus matters and that everyday, she is constantly changing someone's life. No matter what day it is, Trish Litz will continue to bring light to the classroom and continue to inspire others in the many years to come.

Right: Litz planting a tree at the Uruke Girls School in Kenya  
Below: Litz with friend Henry Kiara in a field of tea plants







# Dr. Franco

"Relationships are more important than any imaginable hobby"

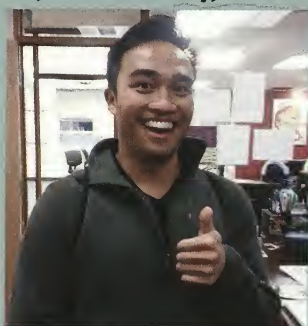
Let Learning be the Virus



Biology professor, Dr. Franco, claims to have tamed her wild side over the years but still "enjoys a good challenge whether it be intellectual or physical". She says, "I am basically curious about the world in which we live." Dr. Franco fuels this curiosity and passion for the world by leaving the classroom and exploring Colorado. Dr. Franco has enjoyed hiking, backpacking, and snowshoeing during the 14 years she's lived here. She has currently taken up gardening and is developing a communal garden at her church. Her biggest inspirations come from her Christian faith and love. She states, "We all have the same basic needs; love being the more important one, everything else is almost irrelevant".

Dr. Franco not only has love for the great outdoors but also attempts to bring that love in to her classroom, when it comes to both her students and her colleagues. One of her wildest experiences when it comes to in the classroom was when "a student who came late to class with balloons in his hand and openly started to charm (her ) in front of all the other students. He was serious, and it was awkward." (Franco). Over all, life as a Regis biology professor is a little tame, but Dr. Franco isn't afraid to embrace her wild side every now and then.

What do you plan on doing with your biology major?



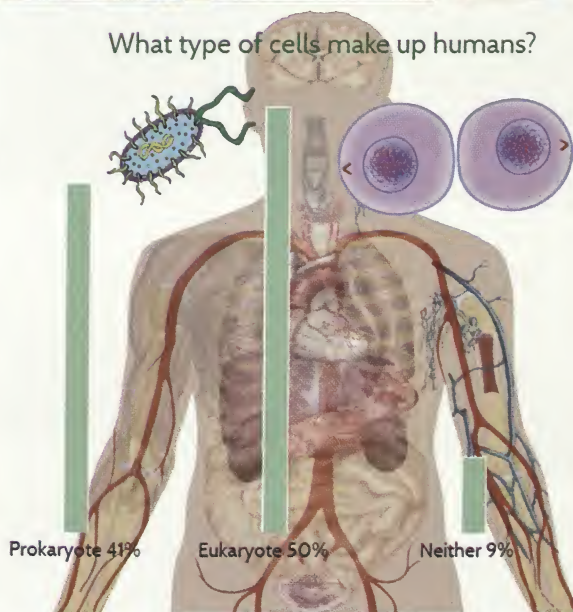
"Saving the world with lame pick-up lines...JK! I'm going to do some mentoring and teaching at inner city schools and then hopefully go to medical school to become a child cancer specialist." - Kenji Tanaka



"I'm going to get my Master's in Biomedical Science and then continue on to Medical School. I want to be a surgeon." - Lu Pacheco



What type of cells make up humans?



Top Left: Aleina Tanabe  
Top Right: Portia Gibbs and Tia Morishige  
Bottom: Isabella Kaser



What do you want to do with your chemistry major?



"I want to become a cosmetic chemist and make a hypoallergenic line of makeup. I also want to create a cream that doesn't have steroids but can help heal eczema on babies." - Catherine Gonzales



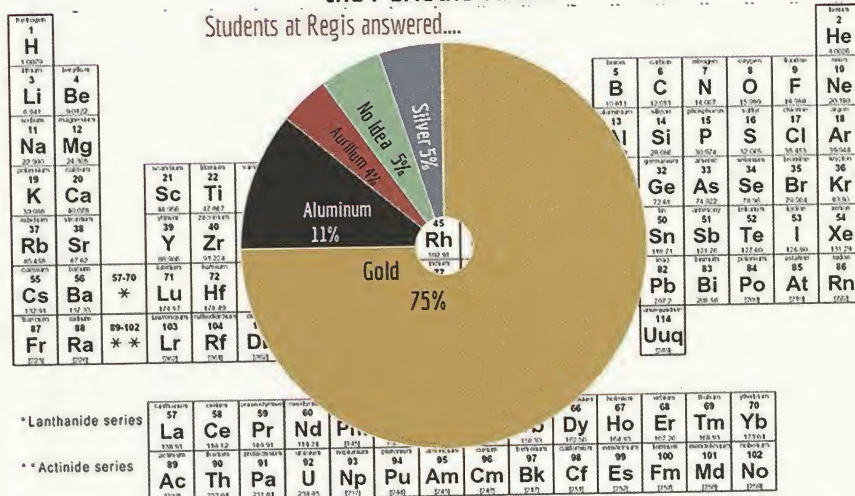
"I'm not really sure what I want to do with my Chemistry major yet, but I'm really interested in food and drug chemistry as of right now." - Zoe Platt



Left: Shelley Jarigese  
Right: Rachel Klein

## What Does "Au" Stand for on the Periodic Table?

Students at Regis answered....



## Living Life by the Element



## Dr. Mahapatro

"I am grateful to be part of Regis."

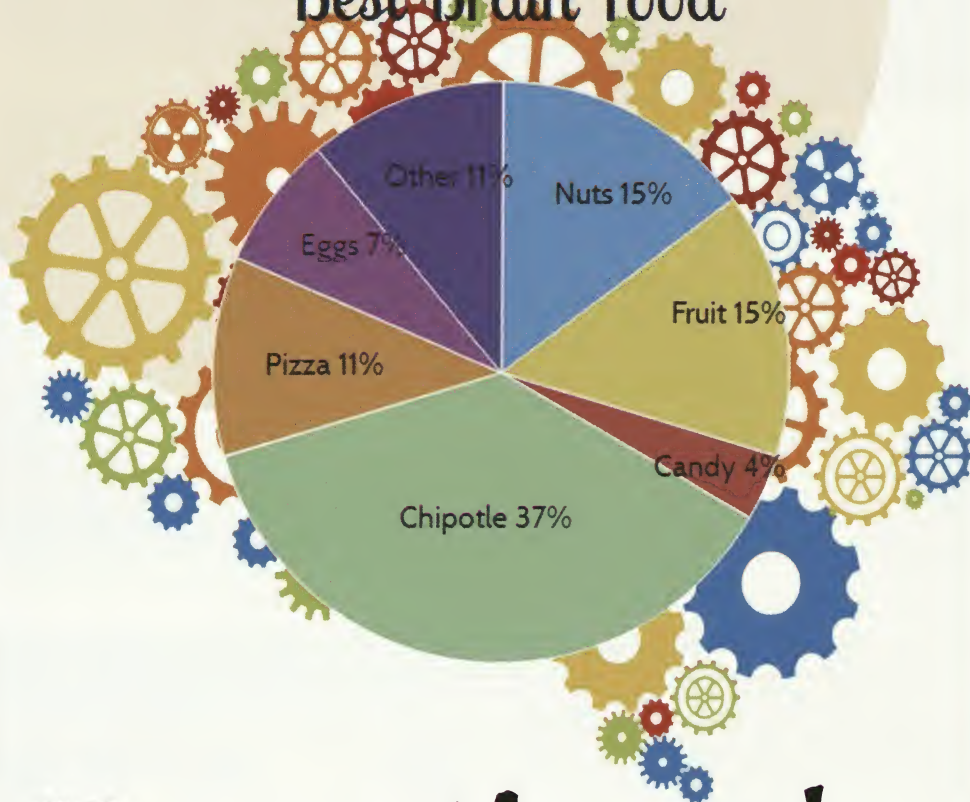
Chemistry professor, Dr. Mahapatro, finds inspiration in all aspects of life. One of his greatest inspirations came from his postdoctoral mentor, Jan Rokek. Even after earning his doctorate, Dr. Mahapatro realized he still didn't feel prepared for the intellectual challenges to come. He says, "Jan Rokek's deep sense of humanity is a constant source of inspiration in everything I do." Education plays a huge role in Dr. Mahapatro's life because it allows him to see the inside scope of what the world has to offer. He states, "The Regis Mission is all about keeping hope alive and sharpening the imagination of the young and inquiring minds. I am grateful to be part of Regis."

During Dr. Mahapatro's undergraduate years in India, he was interested in the social sciences, however, he found chemistry more interesting, because it is the center of how all molecules and materials are made. Outside of teaching, Dr. Mahapatro spends time developing his spiritual self by participating in his community and neighborhood churches. He says, "I enjoy speaking about Hinduism, Indian culture and, more importantly, the fundamental unity of all religions."



# Can I Pick Your Brain?

## Best Brain Food



## Why did you choose Neuroscience?



"I read the book 'Incognito: the Secret life of the Brain' by David Eagleman in high school and it got me hooked onto the brain and the craziness it contains."

- Kate Wipfler



"I chose Neuroscience because it can be applied to a lot of things in life and is really interesting."

- Tim Shulte

# From the Classroom To the Clinic

## Teaching and Reasearching



Neuroscience is one of the fastest growing majors on campus. With its strong emphasis on the mechanisms behind brain activity, neuroscience is a very interesting and unique field of study. Dr. Jose Lafosse is a neuroscience faculty member who specializes in neuropsychology, a blend of psychology and neurology. He first became interested in the field during his undergraduate years at Loyola Marymount University in Los Angeles, California. During those years, it was not all just hard work for Dr. Lafosse. He studied abroad in Oxford during his junior year and ran with the bulls in Pamplona, Spain! "It was

the craziest, most exhilarating, and stupid thing I've ever done. My only explanation is that my brain's frontal lobes had not yet finished myelinating!" he says. After finishing his Ph.D. in clinical psychology and neuropsychology internship at Palo Alto VA and Stanford, he did a three year residency in the Department of Neurology at the UC Davis School of Medicine. The most interesting thing about neuropsychology, he says, is "the fact that I get to do teaching, research, and clinical work in the field, and that each of these professional activities informs the others." Not only does he teach at Regis, he also runs his own neuropsychology clinic where he sees patients who have sustained brain injuries or have neurological disorders. "My research and teaching-based knowledge helps me ensure that I'm providing the best clinical services to my patients. I feel blessed to get to show my students that neuropsychology is a fascinating academic discipline that can also significantly improve the lives of patients who live with neurological disorders" he says.





## Why did you choose Psychology?

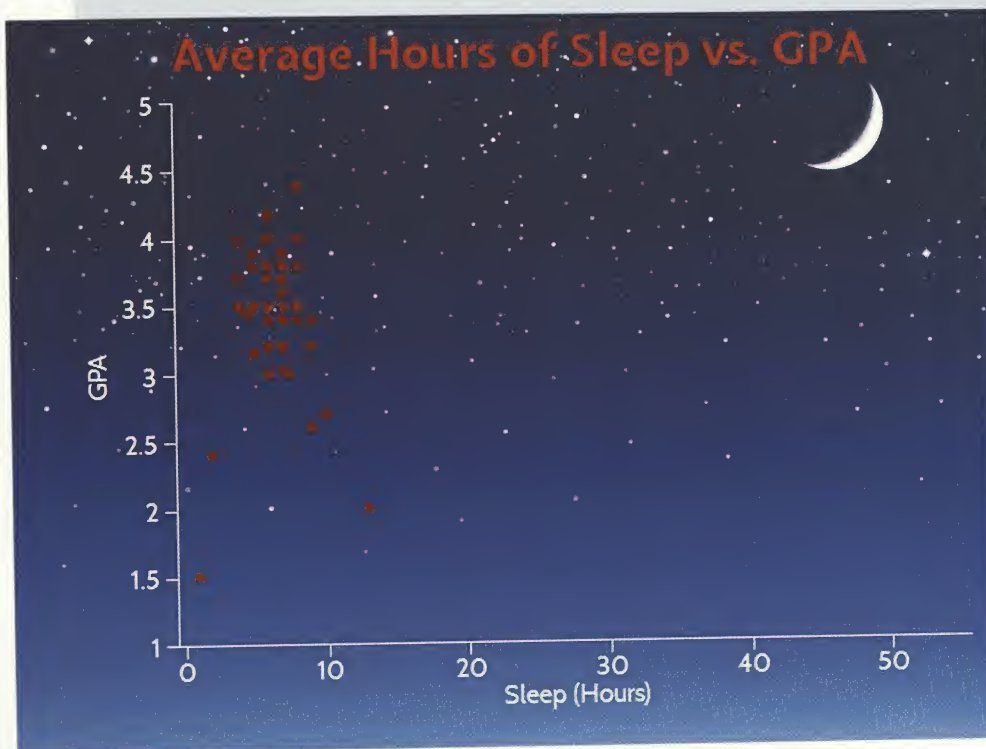


"I chose psychology because I'm interested in the whole person and why we do what we do"  
-Angel Oaxaca



"I chose to major in psychology because an individual's mind is the center of daily life"  
-Finnuella Carey

# How Freudian Are you?



## Self Growth

Through Psychology



Kyle Lucas spends time with his little girls.







## Dr. Patnott

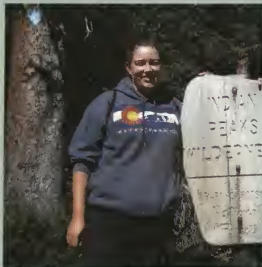
"I try to live intentionally"



How ought we to live? Math professor, Dr. Patnott, lives intentionally according to her values and priorities. Dr. Patnott changes the community around her by volunteering. She says, "We have, I believe, an obligation as a society to help each other. Volunteering, even just the small amount I'm able to do, is one way to do that." Dr. Patnott believes that individually, we are smaller parts to a much bigger whole. Dr. Patnott spends some of her time volunteering at the Action Center in Lakewood and hopes to increase her time spent there as the years progress.

While the school year keeps her very busy, she enjoys hiking and as a new native to Colorado, is fascinated by the outdoors. Her wildest experience? Dr. Patnott reminisces on the new faculty orientation last fall that was held at a retreat center on the outskirts of Colorado Springs when she saw a mule deer up close for the first time. She looks forward to the adventures to come whether it be within the Regis community or something much bigger.

## Why did you choose Environmental Science?



"I have always loved science because it was based on facts and my senior year in high school I took geology with one of my favorite teachers and she made me love the study of nature.

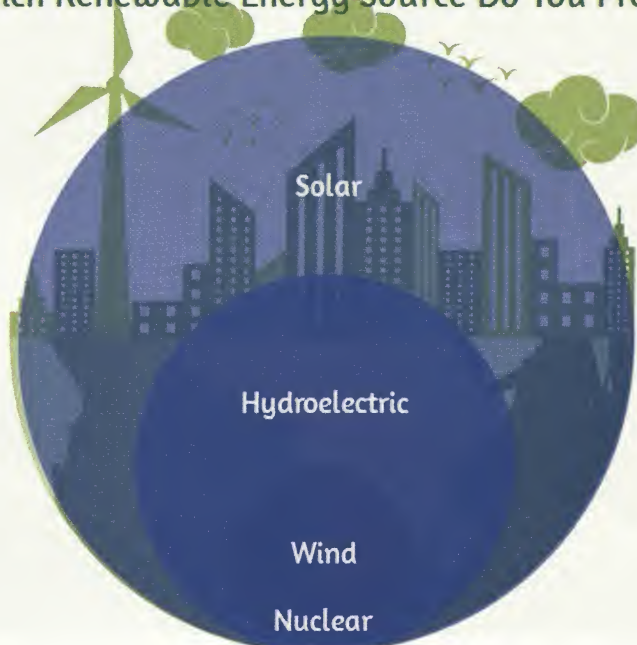
Environmental science is something that I find extremely fascinating because you learn how exactly some of the worlds greatest mysteries came to be like the mountains, or volcanoes, or even the different types of rocks found all around the world. Plus it's a lot of fun working outside in the fresh air." - Brittany Maul



"Over the summer I did community service where I got in touch with the environment and plants in Hawaii. I liked this more than medical areas of Biology, which is what I had originally planned to do. I feel like this is more my calling and I want to give back to Hawaii someday." - Tia Morishige



## Which Renewable Energy Source Do You Prefer?





What is the hardest part of being a Math/Physics major?



Every problem in physics is different, so memorizing lots of information doesn't help. You have to change the way you think entirely to get the hang of physics. As for math, I personally don't find it to be that hard. During my first year math was actually like meditation for me after spending hours on physics problems." - Bridget O'mara



"The hardest part about being a math major is having to take English classes for my core requirement." - Forrest McBride



## What is pi?

The common math term "pi" according to Regis students.



3.14159 - 46%



$\pi$  - 43%



an apple dessert - 11%



Lets Get Physical..It's in Our Genes



## Dr. Hart

"I appreciate the innate beauty of the world."



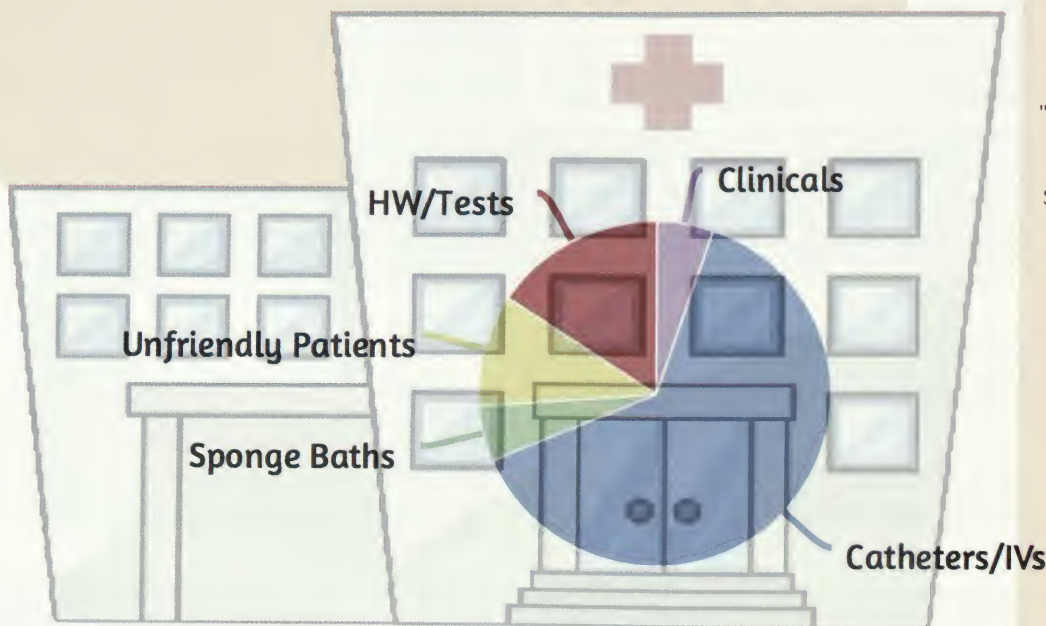
Physics professor, Dr. Hart finds beauty in the people and the world around her. More specifically, the Regis community inspires her by "the community's generosity with their time, dedication to social justice, and the kindness that I see everywhere. When I see this everywhere around me, I can't help but try to be a better person, whether that is by offering assistance for food drives or "adopting a family" for the holidays."

Outside of Regis, Dr. Hart's life is centered around her family and making memories together. Her weekends are especially sacred to her. "We like to be outside and take walks, go bike riding, fly kites, and play lots of games! My daughter and I do crafts together, like sewing, knitting, and painting. My husband and I do home improvement projects together, like putting together a deck railing and painting." Overall, Dr. Hart has truly found happiness with the relationships she's made and the community that surrounds her.



# Every Week Is Finals Week

## What Nurses Are Most Afraid Of



What do you hope to do with a nursing degree?



"I want to work in the Pediatric or Intensive Care Units but I also want to go back to school to get my Masters Degree. After that I am thinking of being a nurse anesthesiologist."



"I plan to go into Emergency Room Nursing. I aspire to be a flight nurse."

# Living Through

JoAnn Crownover

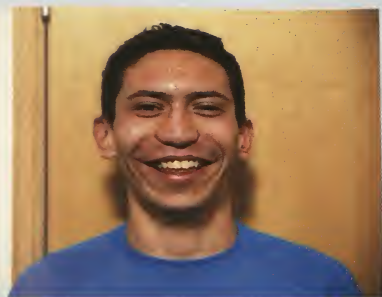
## Her Passions

JoAnn Crownover has been a teacher for 20 years. In her years of experience, JoAnn has done a lot. She even served in the United States Air Force, but she began her nursing journey in high school. She says, "I wanted to be a nurse as long as I can remember. In high school, I never really questioned whether or not I would go to college, or what I would study, the only question was where I would go for nursing school." She took those goals and went to nursing school at the original Loretto Heights College before it was associated with Regis University. Through her experience, JoAnn had many opportunities to learn. JoAnn shared one of her embarrassing nursing memories: "When I was a nursing assistant, I was assisting the nurse to clean a paraplegic patient who was 'soiled.' It was in the middle of the night and I was working a double shift (two 8-hour shifts back to back). I felt a little light headed and stated 'I feel like I am going to faint.' The patient said 'Honey, you already did.' I had fallen and was lying on top of him." Regardless of her experience, she says "I have loved every minute of being a nurse." In addition to nursing, JoAnn also loves the Denver Broncos. "Our family has weekly Bronco parties throughout the NFL season, including lots of superstitious rituals." She also loves the mountains, water skiing, and wakeboarding.





What do you plan to do with your degree?



"I want to become a physical therapist so I can alleviate the pain in suffering in the world."

-Daniel Griego

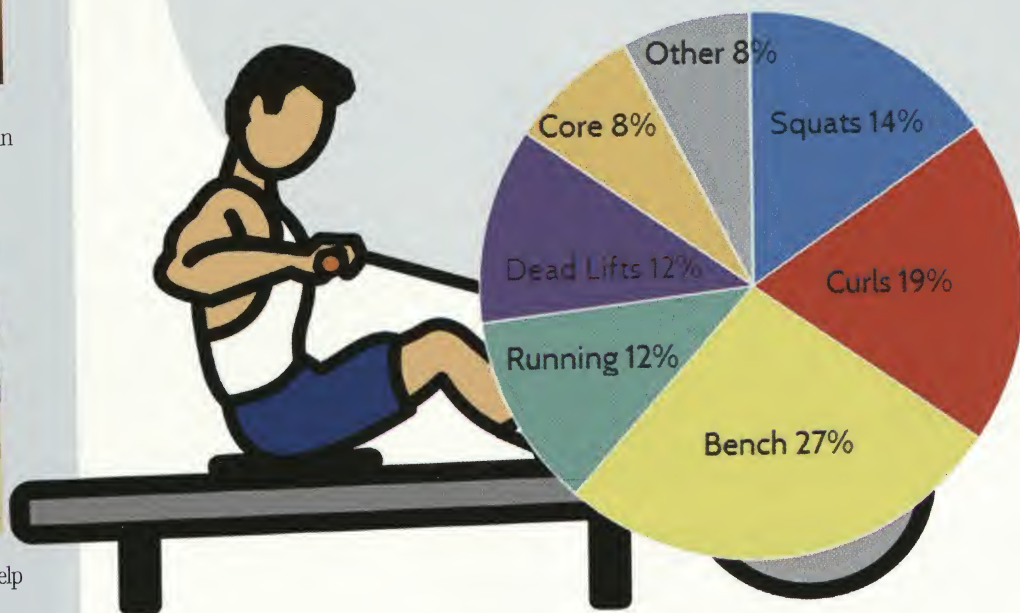


"With my exercise science degree, I strive to help people improve their overall well-being."

-Karim Sanchez

# Move It! Shake It!

Favorite Exercise



## Giving Back

### One Step at a Time

Health and Exercise Science is one of the newest majors here at Regis University and with that comes new faculty members that are welcomed into the community. Tom McPail is one of those professors currently working in the program. Back in the day Tom was captivated by the idea of becoming a college athletic trainer. He majored in physical education with a physical therapy emphasis back in college. After graduation, he decided to become a physical therapist in order to have the background for athletic training. "What I love the most about being a physical therapist is my abilities to help people. Whether helping an individual with a leg amputation walk with their artificial limb or prosthesis, or an individual with chronic heel pain increase their level of daily function, or an individual with knee pain return to running. I feel very blessed that I have the ability and skills to help these individuals," Tom says. His hard work has truly paid off and is currently inspiring new students everyday. In his college years, he says that the wildest thing he did was take a long airplane flight from Sacramento, CA to Minneapolis, MN for an athletic competition because air travel was not as common as it is today! Now Tom is not at school teaching, he enjoys spending time with his family- especially his four grandchildren- and playing golf.





# Nicholas Myklebust



## An Enthusiast of Life

English professor, Dr. Myklebust describes himself as an “avid tennis player, jazz aficionado, rabbit enthusiast, and writer of sonnets.” Being a strong animal-rights activist, it comes as no surprise that when asked about his more “wild” side, he says it manifests itself when trying to “lure squirrels to come closer to me by offering them food and then gazing upon the miniature mystery of their loveliness.” Dr. Myklebust may engage in various activities, but when asked about what inspires him, he states, “The French artist Jean Cocteau was once asked in an interview what one thing he would take from his house if it were burning, to which he responded, ‘J'emporterais le feu’: ‘I would take the fire.’ That about sums it up.” That sure sums it up indeed.

## Playing with Words

What is the best book you have read recently?



"*The Sign of the Four* was good, because it is the Holmes story where Watson meets his wife and is one of the more complex Sherlock Holmes stories."

—Emilee Klein



"*Stargirl*, because it is nice to find refuge in a simple book that still has powerful meaning."

—James Persichetti



Favorite Punctuation Mark?





If you could go anywhere in the world, where would you go?



"I would love to go to Spain, because it is the motherland! I love the culture and music. It would be a dream come true!"  
—Monica Callegos



"I would love to go to Bora Bora. It's absolutely beautiful!"  
—Hayley Zimmerman



## How Many Languages Can You Speak?



■ 1 ■ 2 ■ 3

# Words of the World

## Fabrice Usman



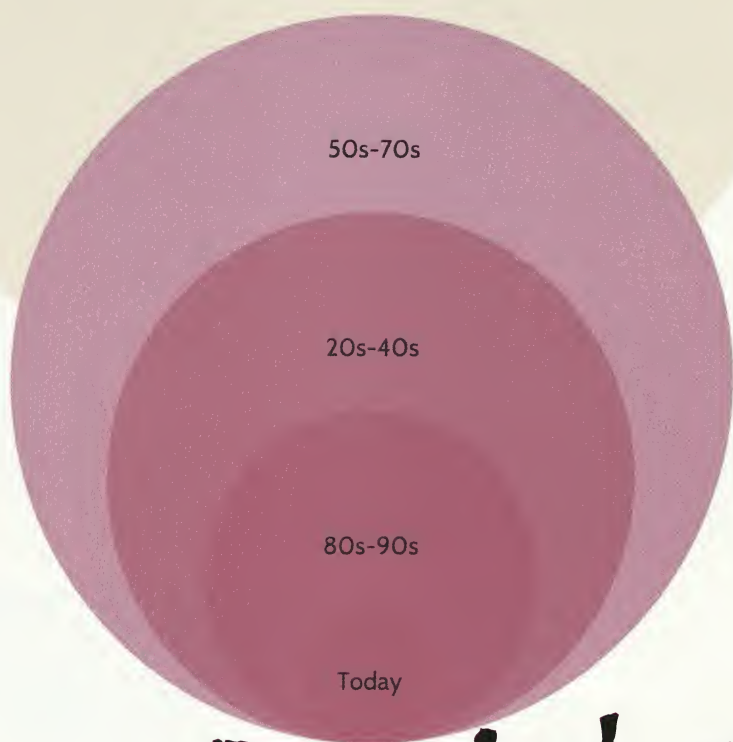
### Diversity in the Details

French professor, Fabrice Usman enjoys many "wild" activities that revolve around experiencing the diversity of life. Outside of Regis, he says, "I play music with or without an instrument, I walk the streets of New York City at night, I spend some time with my Amish friends in Pennsylvania away from virtual realities, I spend afternoons with my friend at his Caribbean Bakery on Colfax, and I cannot take my eyes out of an evening primrose opening when the sun sets." He explains that many things inspire him such as "songs, seeds, and signs, all kinds of words mixed together a certain way, bodies of water" but most particularly, "the simple yet astonishing fact that I am actually alive and that you are too." For Professor Usman, wild is usually the norm. He is clearly a lover of life and revels in the beauty within the details that surround us every day.



# Exploring the Past

Favorite Time?



## Daniel Clayton

### Finding inspiration in Colorado

Over the years, history professor, Daniel Clayton enjoys various activities ranging from hiking in the mountains to enjoying shows at the Denver Center of Performing Arts. Clayton finds inspiration outdoors, and through nature, he is able to "reach a kind of serenity." While outdoors, he enjoys snowshoeing as well as hiking with his nine year old golden doodle, Millie.

Attending Broadway shows is one of Clayton's favorite activities. He recognizes the power that music has, and due to this, enjoys singing in the classroom. Another activity that he enjoys is going to the movies with his wife. Movies are a great passion of his, and he finds them truly relaxing. During his 30 years at Regis, he has been inspired in many ways. Regis University is like a second home and he truly appreciates the work and dedication of the faculty. During his time at Regis, he has learned what it means to be a caring professor. Clayton hopes his time at Regis will continue to inspire him and change his life for the better.

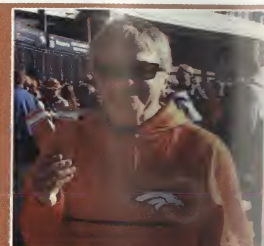
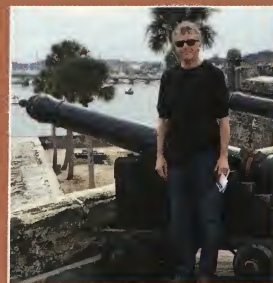
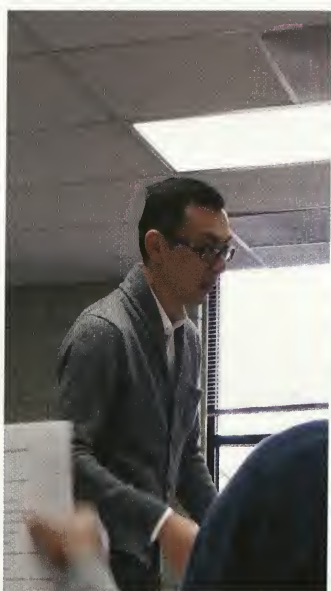
### Why did you choose to major in History?



"I have always loved storytelling. My family and I are refugees from Ethiopia we have a rich oral history background. I chose to study history mainly because I noticed that the many voices in my country that had histories that I could only dream were disappearing before they could be recorded. I want to use what I have learned at Regis to make sure that all the voices starting with my mother's are forever a part of Ethiopia's identity." - Hanna Amme



"I chose to be a History Major in the eighth grade after visiting Washington D.C. for the first time. I wanted to be Indiana Jones living a National Treasure life and make a real difference in the world. I have a passion for History, the community, the process, the opportunities, and I cannot imagine doing anything else with my life." - Ashley Smith



Left: Clayton in St. Augustine

Bottom: Mr. Clayton in Amsterdam





What is your favorite part about being a Politics major?



"I love this department because I am challenged every day. My professors inspire me to look at the world and its interconnectedness through a variety of paradigms, gaining a more holistic understanding of our global society and environment. This is exciting stuff and I am so glad to be a part of it." - Abigail Peters



"Besides Dr. Schmidt, my favorite part about being a politics major is that I have the opportunity to earn such a broad surange of subject matter and it gives me the opportunity to have a voice in the world, to make a lasting difference." Rachel Minter

# Developing Theories

What is your Political Standing?

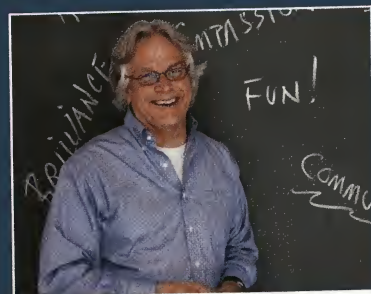
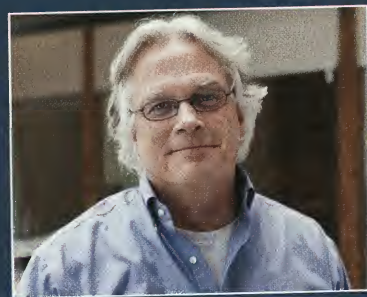


## Daniel Wessner

### Changing Lives One Step at a Time

Over the years, politics professor, Daniel Wessner has enjoyed many various activities ranging from traveling outdoors as well as renovate a city barn built in 1872.. Over the years, Wessner has worked with various people to renovate the barn now known as The Posner Center for International Development. This center allows more than seventy organizations help deal with poverty and also serves as a human capacity building. Whenever he's not teaching, Wessner spends his free time there. Wessner also loves spending time with his wife, Liz and their adopted Vietnamese children, Alex and Annie. Whenever his kids aren't busy, the family loves traveling and have visited five different continents together.

At Regis, Wessner enjoys learning off campus with students by visiting toxic Superfund sites as well as engaging with nonprofit directors about how they strive to change the world. When asked what inspires him, Wessner conveys his love for a "terrific ethnic meal." Regis University also inspires Daniel Wessner by the vision that the Jesuits created years ago. Being part of a Jesuit community truly has impacted Daniel Wessner and he will continue to be inspired. He says, "The real inspirations are the underlying relationships and diverse cultures that life affords us."





# Janna Goodwin

## Inspired through Sacredness

When asked what her "wild side" is, Communications professor, Janna Goodwin tells of the various activities she enjoys doing in her free time. These activities range from taking road trips, exploring big cities, and walking along the coastal cliffs of Northern California. While on these adventures, Goodwin enjoys stopping at different places and spending her time reading and writing. She also loves trying new ethnic foods and drinking coffee whenever she gets the chance.

Many things in life inspire Janna Goodwin to be the person that she is today. Places such as Paris and the Grand Canyon allow her to fully experience the sacredness that exists in the world. Goodwin's husband, Michael also inspires her to be the best that she can be everyday.

When asked what about Regis inspires her, she states, "The creative, courageous, curious, playful, energetic people I encounter who are unafraid to try new things, to make messes and mistakes, to say and do things that might elicit criticism, to talk about conflict when it's occurring and to engage with challenging ideas that may be upsetting." Goodwin's 11 years at Regis have transformed her into the teacher that she is today and have always inspired her students inside and outside of the classroom. She will continue to inspire others in the many more years to come.



Above: Goodwin enjoying a vacation in Copenhagen



Below: Janna Goodwin in Winter Park

Chatting it up

What do you plan to do with your major in Communications?

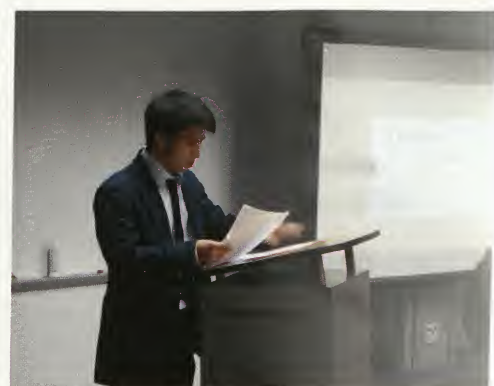


"I plan to attend law school and study communication in a legal setting." - Mikaela Meyer



"I plan to work in a development marketing (creative) position at L'oreal in New York City. And rule the world." - Kaitlin Claywell

What is your favorite news channel?





## What is it about Philosophy that draws you in?



"The philosopher Descartes, because he gives a great analysis on the ideals of how God exists and explains why everything in the world has a meaning of existence." - Clarence Wroblewski



"What draws me to philosophy is attempting to suspend your own ideologies in order to potentially see and think as someone else has or does. Not only do I hold that this is an empathy evoking exercise, but I also think that it necessitates a broadening of your own world views." - Corey Allen



## WHO IS YOUR FAVORITE PHILOSOPHER?

ARISTOTLE

14

PLATO

5

SOCRATES

1

FR. BART

1

# Karen Adkins

## Enjoying the Little Moments

When asked what her "wild side" is, philosophy professor Karen Adkins conveys her love for various activities such as playing the piano and embarrassing her children and husband in public. Also, Adkins loves reading and baking as much as she can. At Regis, one of the greatest moments she experienced was when the writer Jonathan Kozol visited. During his visit, he asked everyone to think about the purpose of education, and this spectacular moment had a profound impact on her.

In her life, Adkins strives to make every day better and to experience sacredness in every possible moment. When asked what about Regis inspires her, she states, "Our students inspire me. We have so many students who are doing great work in the classroom while holding down substantial outside-class jobs or doing serious leadership or community work and whose goals are focused on leaving the world better than they found it. It makes me feel fortunate to work with them." Adkins will continue to be influenced by her students as well as enjoy every moment of every day.



Above: Karen Adkins with her kids

Below: Adkins at Mesa Verde

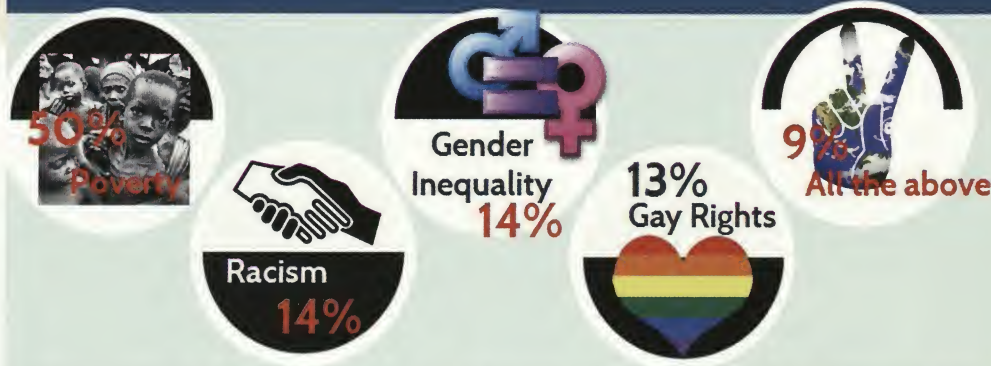


# Who are we?



# Studying Society

What is the biggest problem we face in this world?



What is one thing you would change about our society?



"I would want to change how the media portrays people within minorities. Those stereotypes affect how we treat one another and reinforces those negative stereotypes on a daily basis."

—Katherine Marinelli



"My passion has developed towards racial equality and creating change in today's society towards racial injustice. This is fueled by the racial injustices that minorities experience everyday."

—Erika Taylor

## Damien Thompson

### Creating Community



Sociology professor, Damien Thompson is dedicated to community. He says that he is inspired by children: "By the time you reach the middle of your life, you realize that really everything you do in your life is going to determine the type of society the children of today will inherit. It is the type of inspiration which is humbling when you realize that each of us has that type of responsibility to the children of the world." Dr. Thompson is also on the Community Advisory Board for GreenLeaf Denver. He says, "During the summers, adultish people and teens spend a lot of time together on the farm. We play games, practice community, and grow food. The summer water balloon fights are my favorite wild moment of GreenLeaf summers." Building and maintaining a strong community is clearly an important part of Dr. Thompson's life that he tries to inspire others to follow as well.



## Who is the Most Influential Woman in history?

Rosa Parks  
29%



Mother Teresa  
14%



The Virgin Mary  
5%



Oprah  
5%



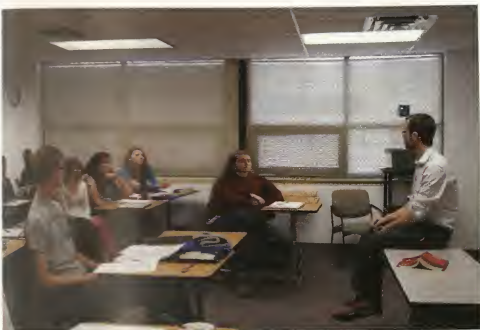
Other  
47%



Who is an inspirational woman in your life?



"The most inspirational woman in my life is my mother, because she has been through more that I will ever understand to ensure that my sisters and I had everything we needed. She taught me what feminism was before I knew what the word meant."  
—Graciela Guillen



## Damla Isik

### Adventure In Unknown Places

Dr. Isik loves exploring new places. She recounts, "One time, my mother, brother, and I swam to this island that looked totally deserted—it was a good hour long swim, and when we got there we found out there was a little hut and a man who lived there as a security guard for this privately owned but completely deserted island. He had goats and a couple of fig trees so he made his own bread and cheese. I remember sitting on this island drinking Turkish tea and eating excellent cheese, figs and warm bread with watermelon to boot! I think it was the most delicious meal I had in my entire life!" Exploring new and unknown places can certainly lead to wild and exciting new adventures.







## Dr. Bateman

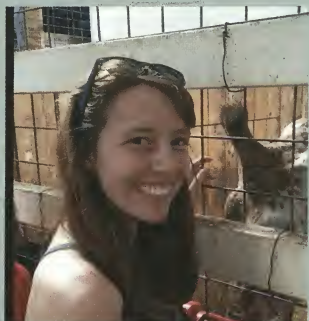
"Our feet were sore but our hearts were full!"

Professor Bateman knows all about what it takes to spread peace and justice throughout our community. In fact, within his first year of teaching at Regis, Dr. Bateman joined a group of students and staff as they spent their spring break marching 100 miles "in solidarity with farmworkers

from Florida during their annual action...Our feet were sore, but our hearts were full!" Dr. Bateman finds inspiration in his students and the women at a local non-profit, The Gathering Place. He says, "I've never known people with such grace, humility, and wisdom. They've taught me a great deal about life, perseverance, hope, and dignity in my many interactions with them." Work is never finished in regards to Dr. Bateman's work; he comments, "Even though it can be challenging, saddening and enraging, the process through which we struggle for justice almost always affirms our common humanity and fosters relationships that inspire and sustain me in this work." Outside of his working life, Dr. Bateman enjoys time at home with his husband and two sons. After all, parenting is a job that is never finished as well, whether it is cheering on his son Zian at a football game or applauding his other son Eliot in a theatrical performance. Although Dr. Bateman loves living in Denver, he admits to missing his home on the Columbia River in Washington State. He says, "When it rains a little in Denver, my spirits lift a little."

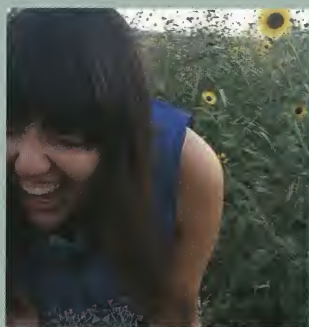
# Love Conquers Hate

## Why did you choose Peace and Justice?



"Peace and justice originally interested me because of the opportunities it provided, both on a large and small scale. I really enjoy my peace and justice classes because they allow me to hear the opinions of many different people on different social issues."

-Nina Krizman



"Peace and Justice is my major because nothing else speaks truer to the deepest desires of my heart; to be a woman of God who leads a faith that does justice. I plan to listen and hold steadfast to the needs that the world whispers."

-Meagan Wynn



## What Does the World Need More Of?

### PEACE



World peace is an ideal of freedom, peace, and happiness among and within all nations and/or people.

### JUSTICE



Justice is the moral principle determining just conduct: rightfulness or lawfulness, as of a claim or title; justness of ground or reason

VS



## Why did you major in religious studies?



"Studying other people's religions allows for a greater understanding of not only one's own beliefs but all the perspectives that exist. Interfaith dialogues is something that brings about peace and progress; two things that everyone wants."

Evan Neiber

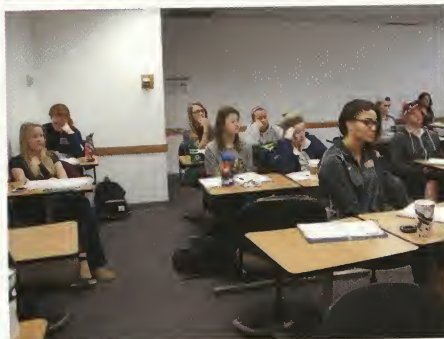


"Religion is one way that people answer the question 'How ought we to live?' By putting various religions into conversation with each other, I feel like I am engaging in how the greatest minds of history have answered that question. Hopefully by adding my own experience, I will come to answer that question for myself and the community I live in."

John Malkooly

## What is the most INTERESTING religion, aside from your own?

Every undergraduate at Regis must take a religious studies class, which religion sparked their interest most...



## Let's Talk About Faith



### Dr. Conley

"Each day I must make a conscious effort to thrive."



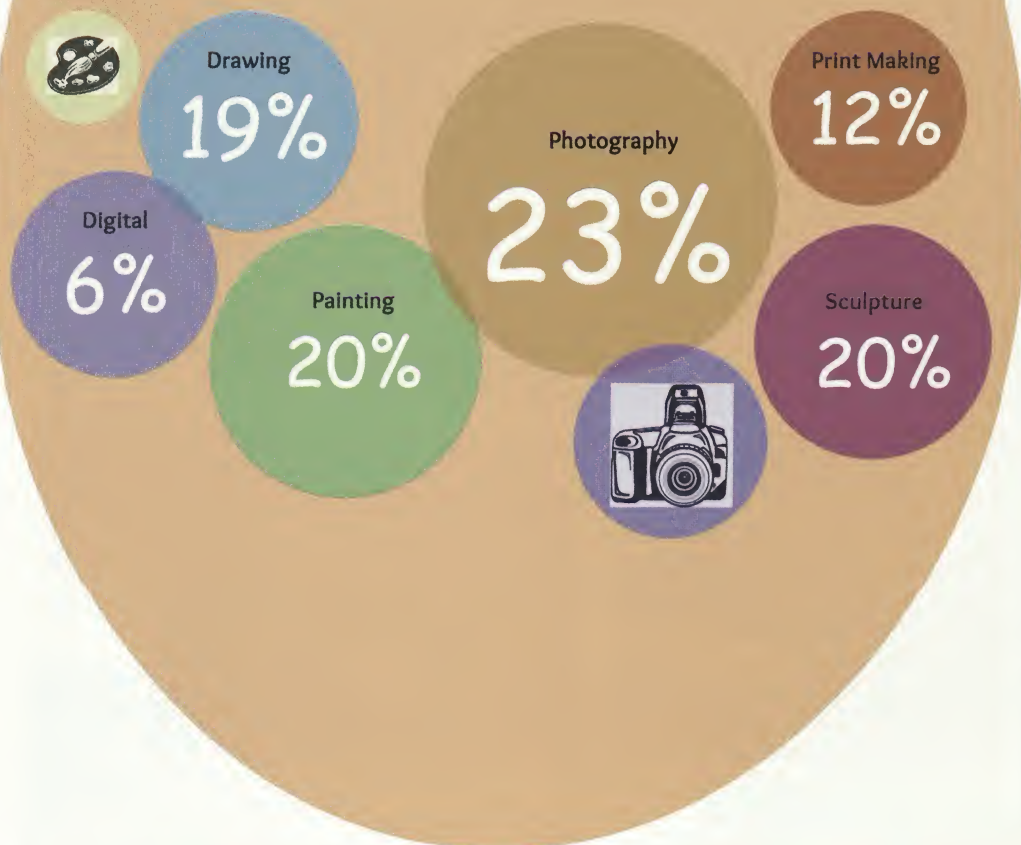
When Religious Studies Professor Aaron Conley is not teaching his students, he yearns for adventure and spends much of his free time climbing, mountaineering, backpacking, and camping. One of his wildest adventures was his senior year in college when he ventured out to climb Southern California's three highest peaks. Dr. Conley recalls getting lost on the first mountain and being stuck in a storm all night with no food or warm clothing. And while the outdoors are fun, Dr. Conley is inspired by courage and solidarity. "A recent example is my friend Ben Sanders who organized a #blacklivesmatter protest at the Colorado State Capital building last December. I saw passion in his eyes that fueled his courage to organize, to protest, and to get arrested if it came to that."

Aside from all this, Dr. Conley's family takes up most of his time outside of Regis. And of course his two sons have learned to "roll with his quests for adventure...I took our oldest son, who is now 8, on his first overnight backcountry backpacking trip when he was

two and half years old, he hiked 5 miles on his own!" When asked about anything else he would like his students to know, he replied "when I was 6 years old I had a mohawk and I dreamed of riding on my neighbor's motorcycle, even though I was never allowed. When I was 16 my hair reached down past my shoulders and I played guitar in a grunge rock band. Today I find myself with a naturally receding hairline and spending most of my time reading, writing and grading. I even built my own motorcycle and drive it almost every day. Nature can be cruel, ironic, challenging, slippery, but also graceful, opulent, and awe-inspiring. Each day I must make a conscious effort to thrive."



## What's Your Favorite Medium



## Q & A



Q: Overall what is your favorite part about being a art major/minor?

A: I love having the freedom to go anywhere I want with my art. I can explore any area I want and can develop my work into something fantastic.

- Katie Scott



Q: Who is your favorite artist?

A: One of my favorite artists is Andy Rouse, who is a wildlife photographer and takes incredible shots of all kinds of wildlife - Diego Vargas

# Tony Ortega

## Inspired Through Art

Professor and artist, Tony Ortega, teaches about art and the impact it has on everyday society. Ortega believes that art is not only essential to society, but it's a way of expressing emotion. Tony's paintings, "interweave the Western concepts of perspective, light/shadow, and overlaps shapes with indigenous folk art design of simplified geometric shape, brilliant pastel colors, and inviting temperature creating a harmonious composition." In his free time, Ortega likes to work with schools, organizations, and museums to create community murals. Through art, he allows others to participate in a community and put themselves into the paintings. In doing this, he portrays that "art belongs to everyone."

At Regis University, Ortega teaches students to not only express themselves, but express what it means to be a community. When asked what his purpose of his art is, he states, "My artwork of common everyday life incorporates elements of magical realism; it confronts reality and attempts to untangle it, to understand the mystery of life and human events." Every day, Ortega enjoys the beauty of art, and he will continue to urge others to see this beauty in the many years to come.





## Q&A



Q: What life experience if any help you decide to become an education major?

A: I come from a family of teachers, my mom, grandma and aunt are all educators but I think what helped me decide to be a teacher were the teachers I had while being in elementary school - Sofia Pancoast



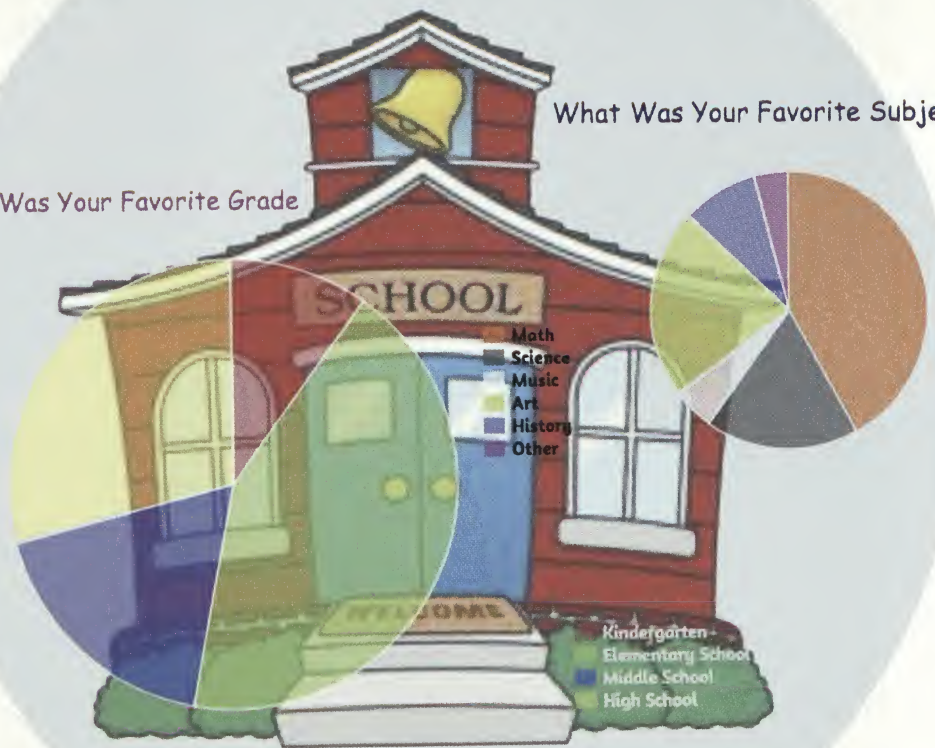
Q: What do you plan to do with your degree?

A: I would love to become a high-school math teacher and a baseball coach after I graduate from Regis.

- Ty Overboe

What Was Your Favorite Grade

What Was Your Favorite Subject



## Teach To Learn



At Regis University, there are many different teachers that have many different types of adventures outside of their normal everyday jobs as a professor many enjoy traveling, outdoor adventures, and spending time with friends and family off campus. Dr. Williams is the director of the Physical Education Department and teaches classes for the coaching minor, physical education minor, and all the activity classes that are offered for the students at Regis. She enjoys not only doing activities with her family who is not only her support system but also inspires her to reach beyond her own goals and Ideas to help other around her like her students here at Regis. But Dr. Williams has taken her students off campus for many events like cart racing, ice climbing, and many more. She is not just a Professor in the classroom or on campus Dr. Williams is a outgoing professor that is always ready for an adventure with her students. If you can't find her on campus or with a student, she is probably water skiing or on a lake, enjoying her free time with her family and showing her wild side.





# Catherine Kleier

## The Wild in all Things



Catherine Kleier, the Associate Director of the Honors Program, loves spending time with nature. She shares, "I'm inspired by nature and wild things that are living! I love seeing marmots in the alpine, and just last weekend while skiing, I say three ptarmigan!" Dr. Kleier's wild side comes out when she is skiing, hiking, or backpacking. In 2013, she received a Fulbright to research and teach in New Zealand. She says, "I've been drawn to New Zealand ever since I first learned about geologic time and how the isolation of islands breeds unique plant and

animal species, that is, since my undergraduate university days." Dr. Kleier also tries to bring this "wildness" back to the classroom; she explains, "It's alwsys kind of a wild ride in my classroom—ask my students. I always know what I want to accomplish, but I'm not always sure of the path to get there. That's what makes teaching so exciting—the mystery of the unknown! Whether spending time outdoors or engaging with students in the classroom, Dr. Kleier tries to keep everything a little "wild."

# Wild Honors

### What is the best part about being in Honors?



"The best part about being in the Honor's program is the community. The discussions and moments of growth inside and outside of class are enriching, and I'm proud to call these people my colleges, and more importantly, my friends."

-Andy Horner



"The best part is knowing that all the faculty want you to exceed, that they are all rooting for you. The Honors faculty are so thrilled to see you, and to teach you, and they want nothing but the very best for you, and I think that is so impactful."

-Gabe Harper





What is the best part of being in the Commitment Program?



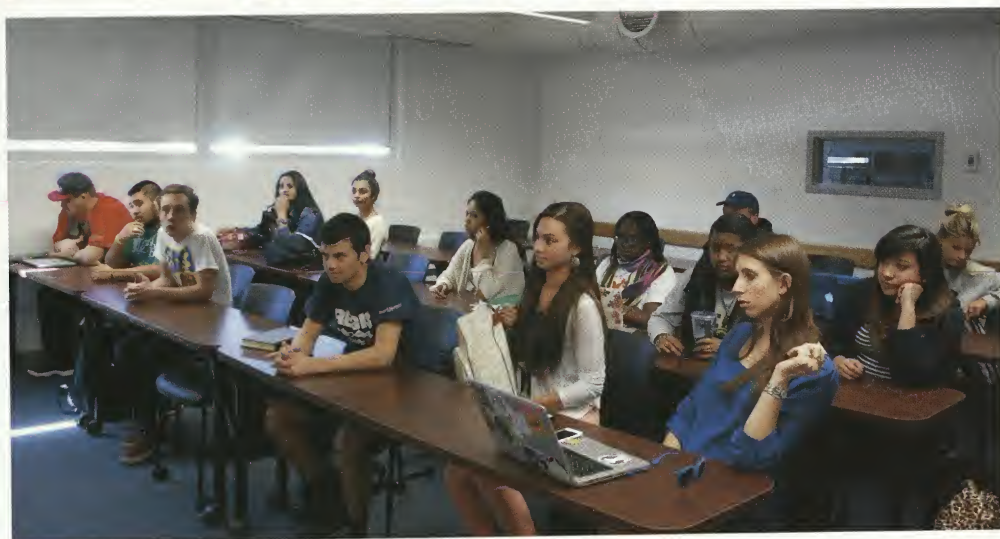
"The best part of the program is the advisors. Dr. McCabe and Professor Kolanowski are so nice and they have made their classes very enjoyable."

-Annalisa Piccinini



"Being part of the commitment program is like being part of a big family. Everyone is treated fairly and respected by their peers and teachers."

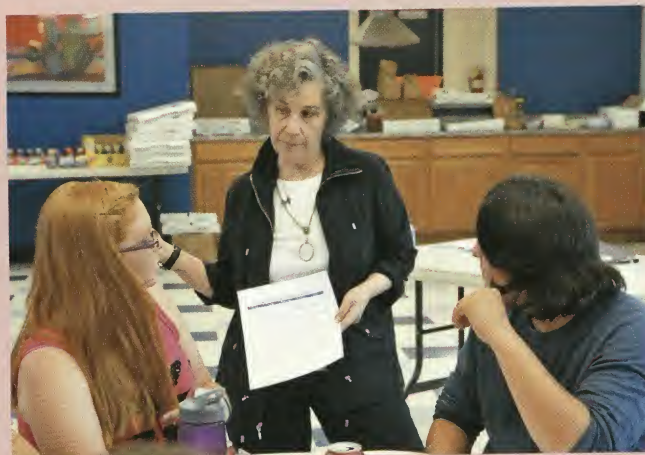
-Jane Kaprosch



Committed

# Victoria McCabe

Keeping Things Wild and Inspired

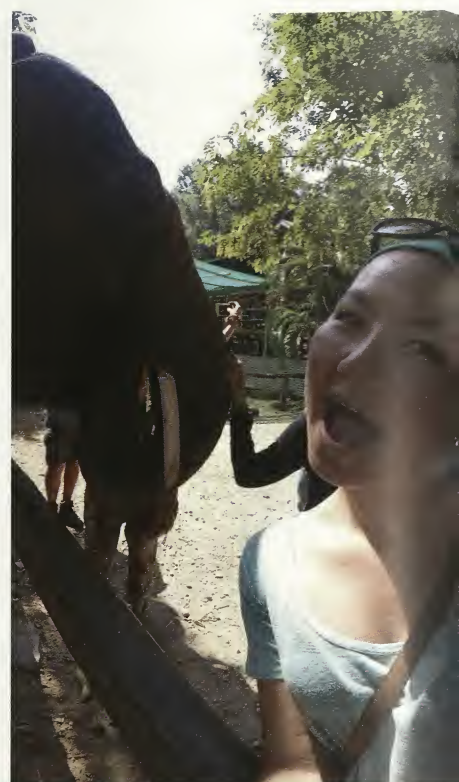
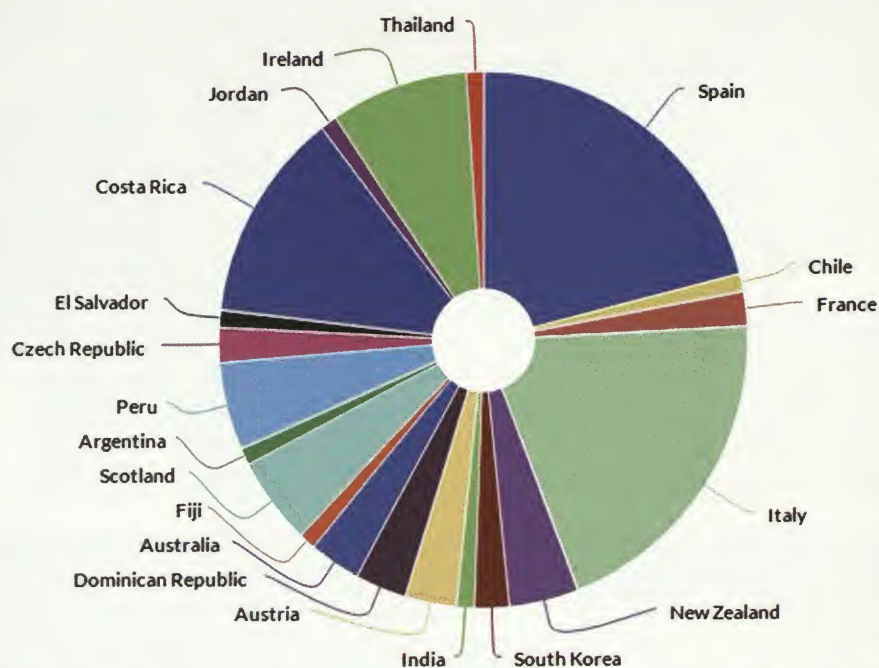


Dr. McCabe, the director of the Commitment Program, is inspired by many things. She shares, "I am endlessly inspired by the giving hearts of Regis students as they strive toward academic excellence and practice the Jesuit, Catholic mission of serving the poor. I am endlessly inspired by the courageous witness of Holocaust survivors. I am endlessly inspired by poets and saints." Dr. McCabe shares her inspirations with her students and strives to help them reach their goals. Over the past 20 summers, she has taken over 300

students to Ireland with professors Gallagher, Daly and Hicks. she says the trip is "beyond wild, but with its wonderfulness too." Dr. McCabe strives to remain inspired and encourages her students to be as well and tries to always keep things wild and wonderful.



## Where in the World?



## What was the biggest culture shock for you?



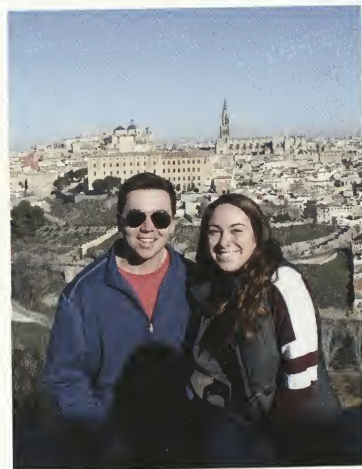
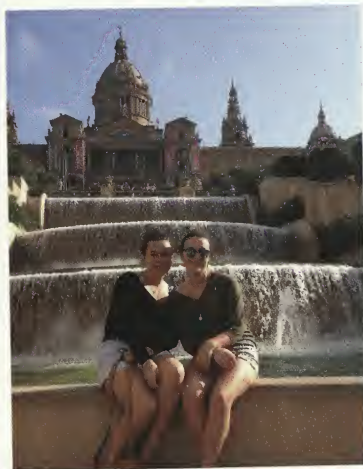
"The number of traditional Irish music sessions in Galway is unbelievable! I'm able to join in playing tunes at pubs in Galway, as well as all over the country on a regular basis, which has allowed me to meet and play music with a lot of the legends of Irish music." -Sean O'Donnell

"For me the biggest culture shock has been having to adjust my Spanish to a Costa Rican dialect in order to be understood. I quickly learned the way to say you're welcome which is not 'de nada' instead 'con gusto' or 'mucho gusto'." -Daisy Granillo





# Travel the Unknown



# Travel With

# PASSION



Kalina Larson had the amazing chance to study at the University of Stirling in breathtaking Scotland. Kalina was only allowed to take three courses while in country, and focused her time and energy into Introduction to Ecology, Cognition, and Developmental Psychology. Not only did Kalina take classes while overseas, but she also got to travel a bit too. Kalina even says, "I took a boat ride across Loch Ness, which had been on my bucket list since I learned about Nessie in the fourth grade; unfortunately, Nessie was in hiding that day." When asked about struggling with the accent, Kalina answered, "I can tell you that it took me at least a good two weeks to even begin to understand half of what [my roommates] were saying. Misinterpretations and misunderstandings occurred all throughout the semester, but it was all an enjoyable part of the learning process." Kalina had an eye opening semester while expanding her horizons physically and educationally in Scotland.

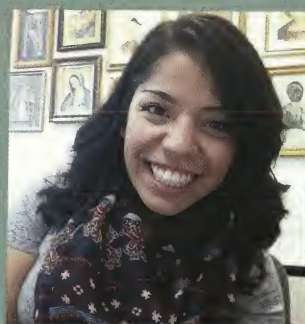




## What have you learned from your internship experience?



"My internship at the Posner Center was a great experience; I was able to learn about global development and connect with a ton of NGOs. I was able to talk to people in the field, working on community and civil development. Their knowledge was invaluable."  
- Jace Prokupek



"I've learned the process of event planning through a nonprofit, and how strategy fits into organizational growth. I've also seen how nonprofits are in terms of company culture." - Justine Espanosa



# An Experience of a Lifetime



## The Beauty In History



With a passion for history, Hanna Amme had the opportunity to intern at the Blair-Caldwell African American Research Library this year. There she “learned that every life not only has value, but a part to play in this world. We must take the time to listen to see all the wealth that is contained in a lifetime but buried by age”. She adds, “My favorite part of my internship was being in close proximity to history and knowing that it was my job to both preserve it and make it accessible. I chose this position because I’ve always had a fascination with oral history and my long term goal is to return to my mother’s home of Ethiopia and gather the stories that exist there.” Hanna expands her passion from the classroom environment; she explains, “An interesting fact about me is that I believe that art of any kind (i.e. visual, literature, music and performing) makes history more accessible and relatable.” After the experience, Hanna was able to engage her passions and thrive while being immersed in the major which she loves.



# Writing About Passions



Dancing is a large part of Emma Shewmaker's life, and it is clear why she decided to focus on dancing as part of her senior thesis. She shares, "As someone who has been involved with dance for just over three years now, I've seen the impact it has had on my own life and the lives of many of my friends. I wanted to write about something I'm passionate about, so I picked two of my favorite things, psychology and dance." She says that her thesis "focuses on the positive impact that dance can have on a person's life. This includes the physical benefits, like improved balance and heart health, psychological benefits, like reduced depression, stress, and anxiety and improved self-esteem and body image, and other social and personal benefits." Although it can be challenging to find the time to work on her thesis, Emma says that it has been an enlightening experience and that she has discovered a lot about herself "as a student, as a dancer, and as a person throughout the whole process."

It's easy to say that the internet has changed communication in many ways, but Chiara Gonzales has been researching how the internet has changed the English language in particular for her senior thesis. She shares, "With language interaction and evolution patterns changing (i.e. webspace accessibility is vastly more open than isolated geographical instances), I've been writing my thesis by looking specifically at memes and meme language to try and pinpoint why and how language is morphing." Chiara says that her research has been quite fun at times such as when she "can surf the internet for cute pictures of cats with cheeseburgers/Nicholas Cage faces and legitimately call it part of the process." She states, "It's fascinating that such images are considered thoughtless, yet contain so much interactive history." As evidenced by Chiara's research, the advent of the internet has brought a new future for the English language with many interesting aspects and complexities worth analyzing.

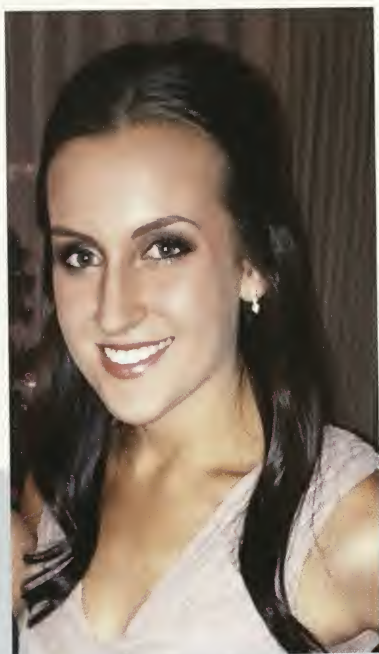


The topic of Pearl Lackner's senior thesis may not have been her first choice or what she originally thought she would be discussing, but she has grown to recognize that it is a topic worthy of attention that ultimately works toward her true passion. She says she is "conducting a review and statistical analysis of a handful of articles that have previously investigated the link between self-esteem and academic achievement in African Americans in order to see if there seems to be some correlation, positive or negative, that exists between them, and if so, what implications this might have for our schooling systems or our society as a whole." Pearl says that the best part of the whole process has been "rediscovering my passion for the topic and realizing that I do care about the research that I'm doing, and that this is just the first piece of the puzzle that appears to be a lack of academic attainment in adolescents immersed in gang cultures." Even though it's not what she initially thought she would be researching, Pearl has discovered that it is still important work that has a lot of potential for further applications.



# Finishing Strong

Jenn Grubbs' senior capstone, *Drug Action in the Brain*, really wrapped up everything she has learned so far as a Neuroscience major. She says, "I learned about how drugs and addiction affect and function in the brain. I also learned how to read research papers and thoroughly understand the purpose and technique used to answer the questions neuroscience still has yet to answer." This class helped Jenn see the progression that she has made during her undergraduate career and where it will lead her next; she shares, "Reading these research papers and having a better understanding of how the brain works in relation to addiction (among other things learned in other classes) and mixing it with real world problems and how they relate really tied the know between being an undergraduate student and being a college graduate." Jenn's capstone was the culmination of all she has learned during her time at Regis and will continue to be applicable in the real world after graduation.

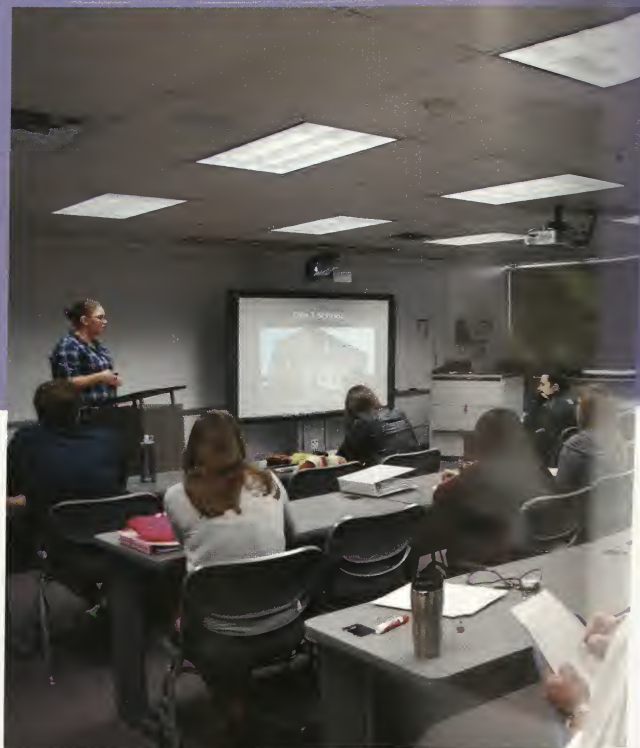


For Sociology major, Jessica Wojcik, her senior capstone has involved "exploring the meaning and significance of the education we have received thus far and how it will be applying to our future careers." Jessica says, "We talk about real experiences, fears, and excitements and how we plan on implementing our knowledge into our lives in the future. Listening to my classmates' stories, thoughts, and ideas has taught me so much more than I could ever learn in a traditional classroom setting. I have gotten so much better at truly listening and speaking from my heart, something that is easier said than done. I value this honest process of learning, and it is something I will continue to work at and carry with me throughout the rest of my life. Jessica really values all that she has learned in her capstone, and it has taught her valuable skills that she can carry into the future.

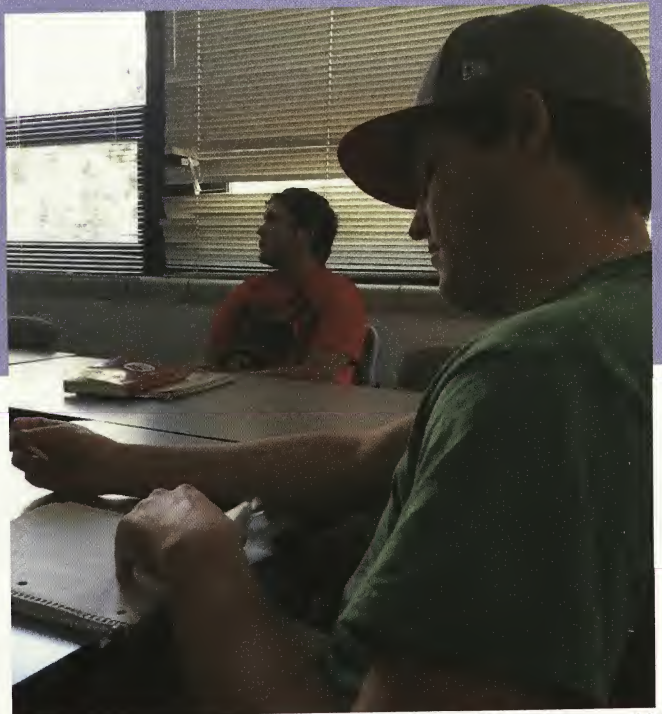
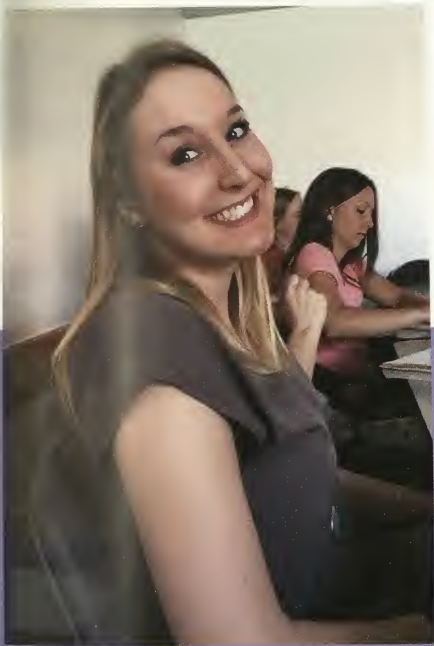
For Gracie Strubel's senior capstone, she is learning "how drug addiction actually alters the structure of the brain, which leads to a better understanding of the severity of addiction as a disease." She says that her favorite part of the class has been hearing, in person, from researchers who have written the papers we have been reading. Being able to listen and talk to these people really allows for a better understanding of their research as well as provides perspective for potential future endeavors." Gracie's capstone allows her to apply everything that she has learned up to this point as a neuroscience major. She shares, "It has showed me that my education has given me such a solid foundation, and, in turn, achieving what I want to achieve." As she finishes up her undergraduate degree, it is clear that Gracie is ready for the future.







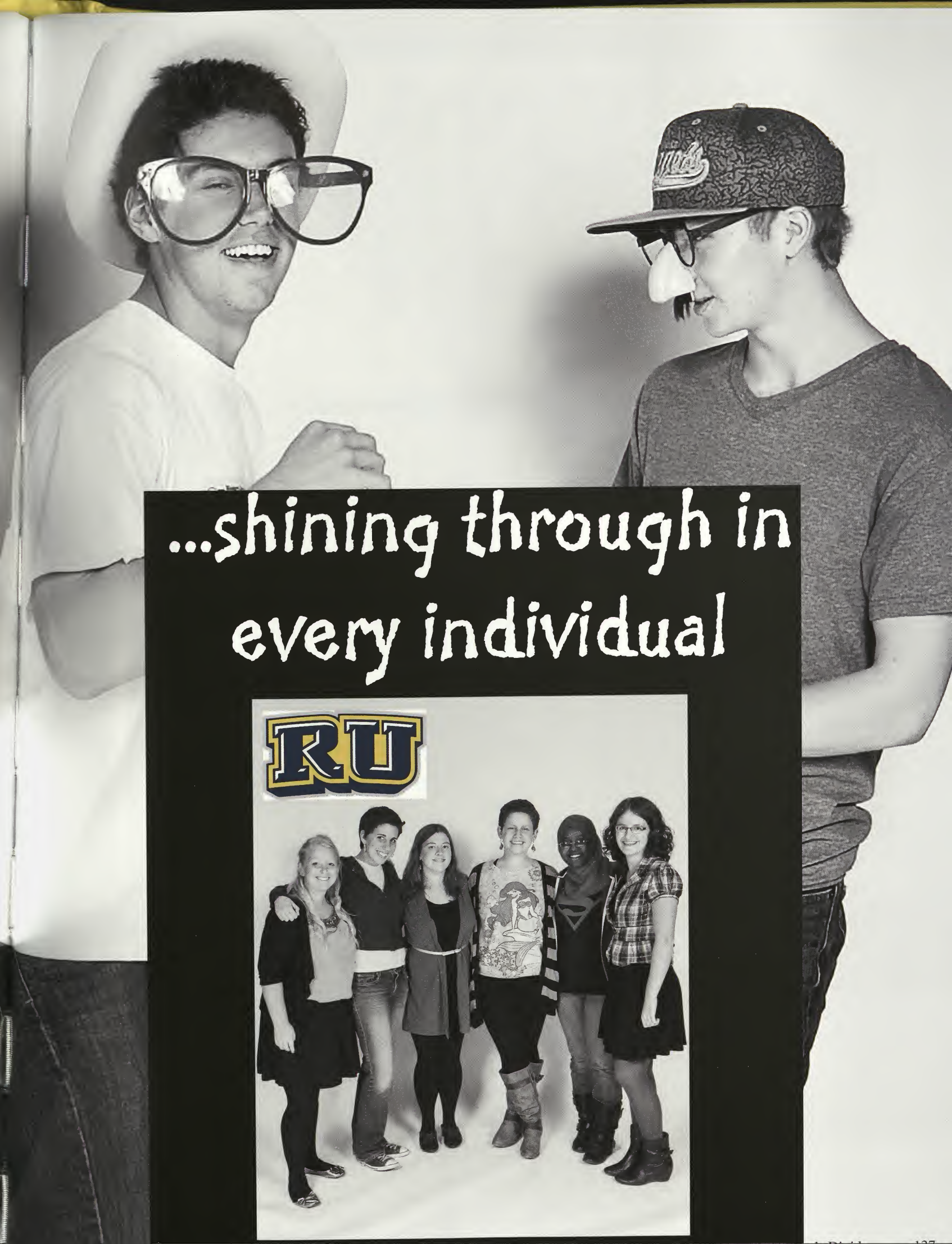










A black and white photograph of two young men. The man on the left is wearing a large white cowboy hat and oversized, thick-rimmed glasses, smiling broadly. The man on the right is wearing a patterned baseball cap, glasses, and a fake mustache, looking towards the first man.

...shining through in  
every individual

A stylized logo with the letters 'RU' in a bold, blocky font. The letters are blue with a yellow outline and a white drop shadow.

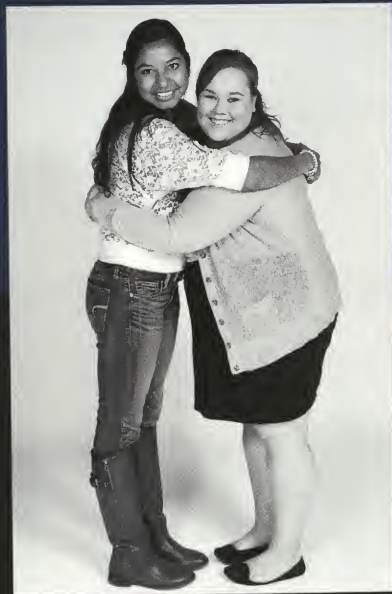
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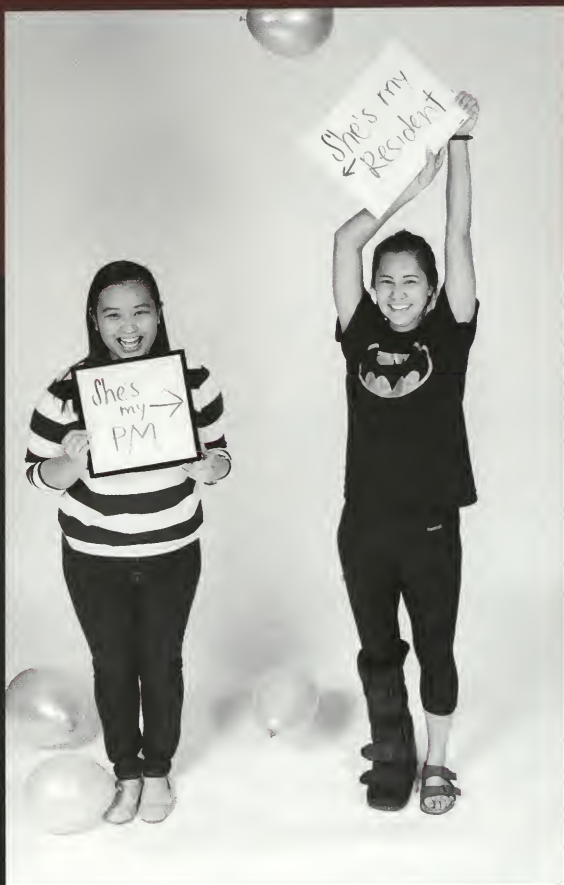




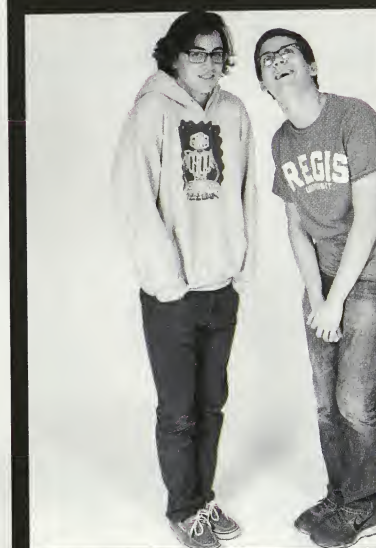
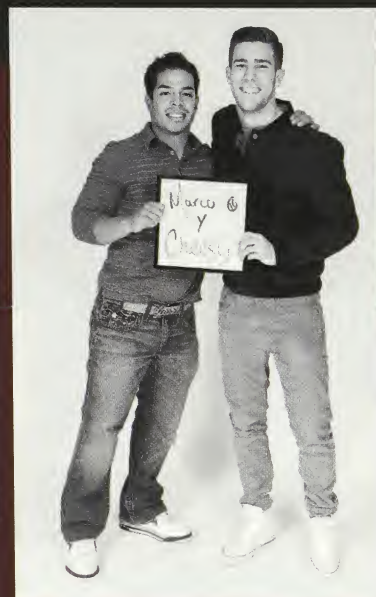
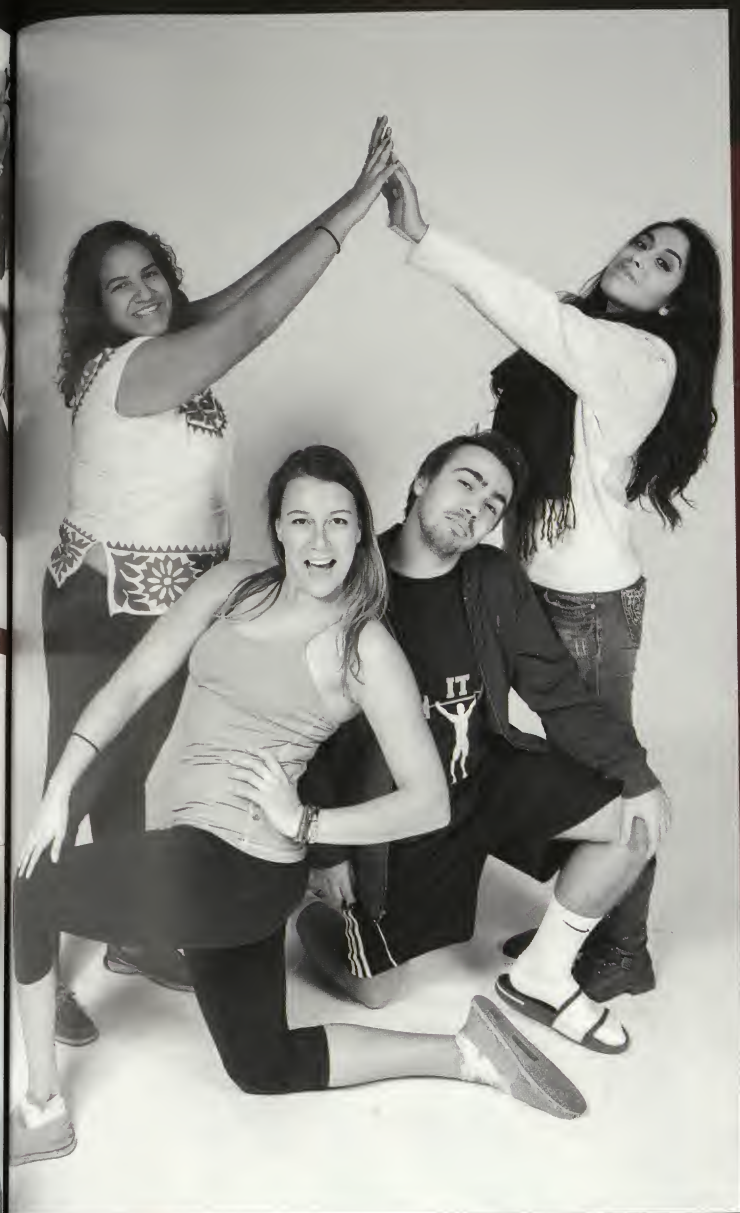












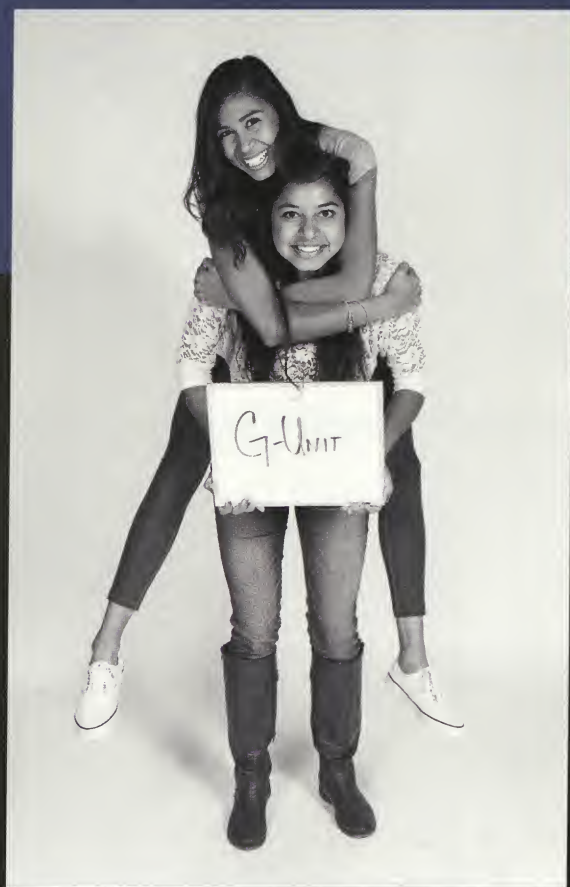




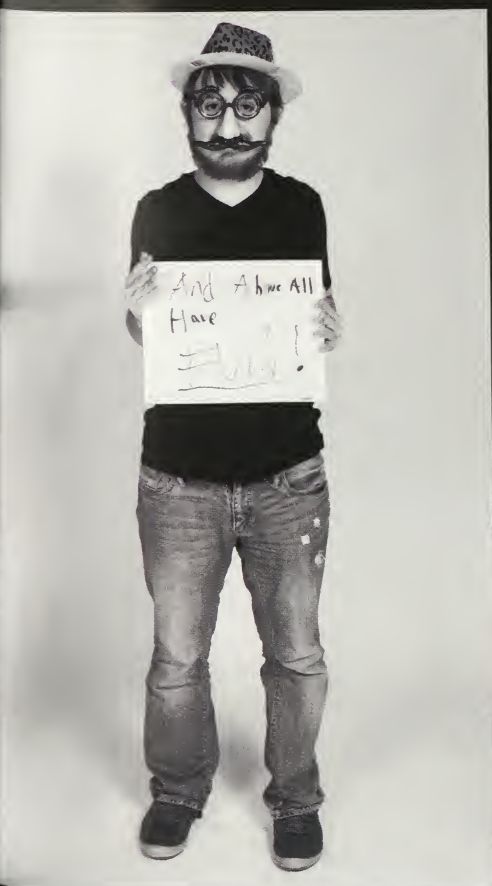




















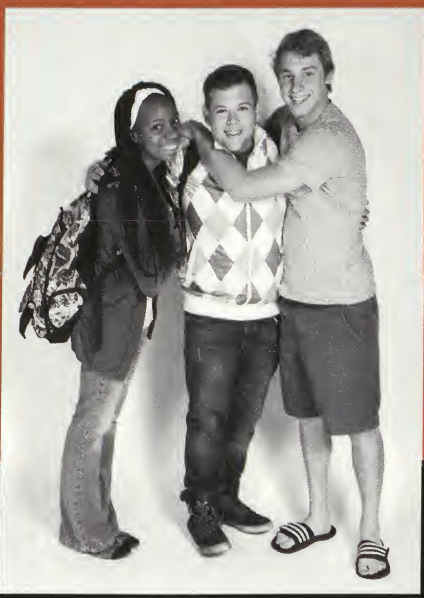




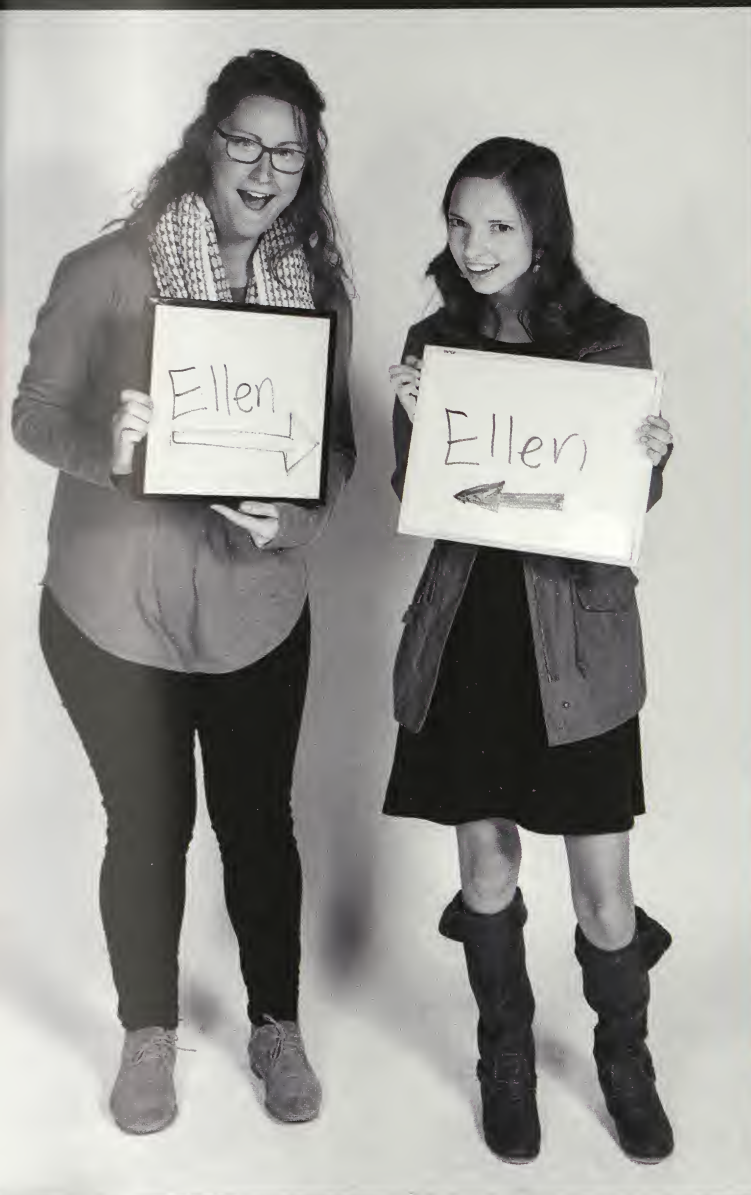
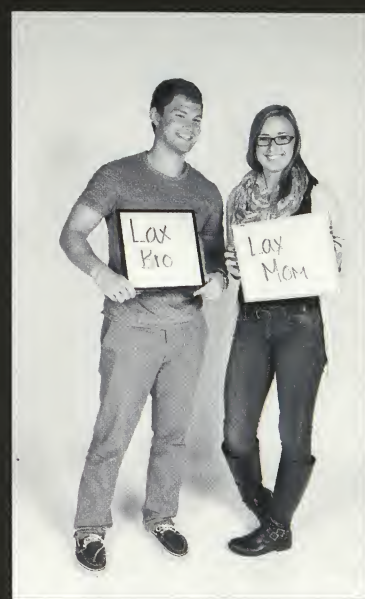




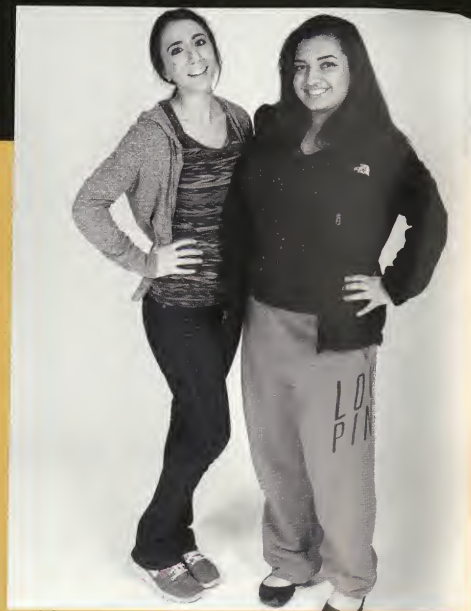








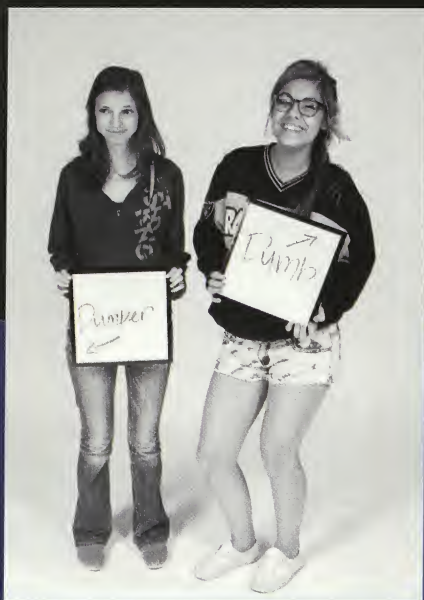








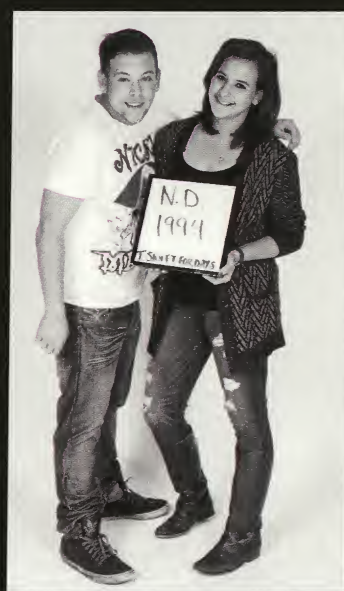
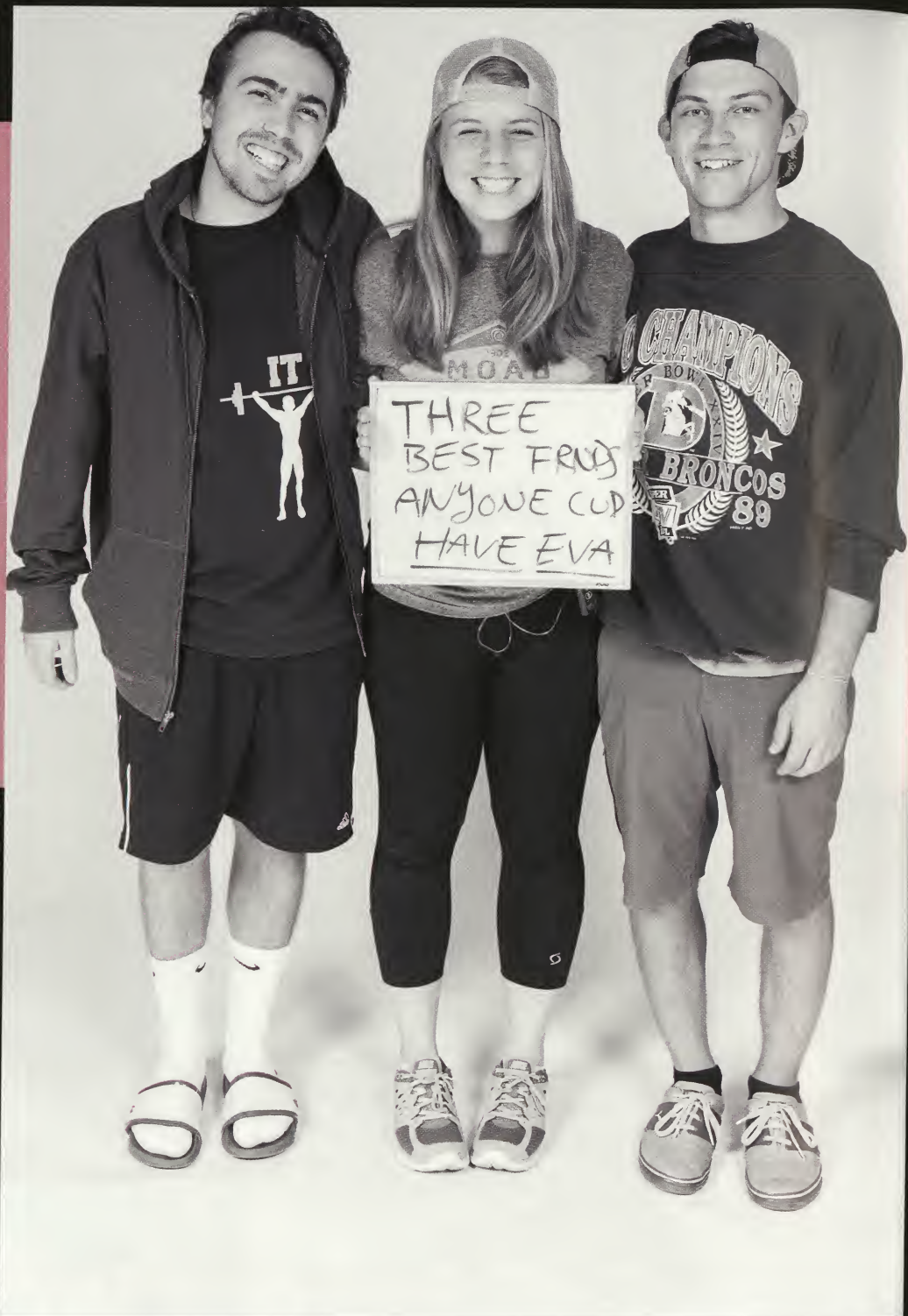




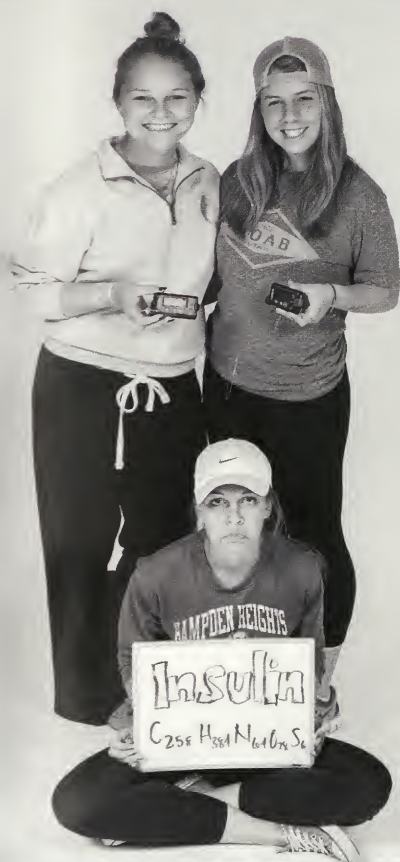




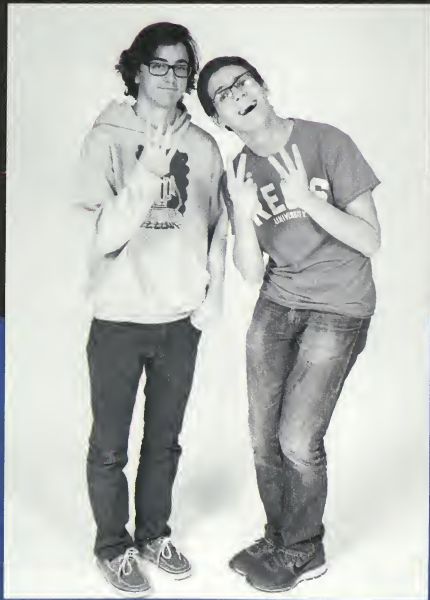




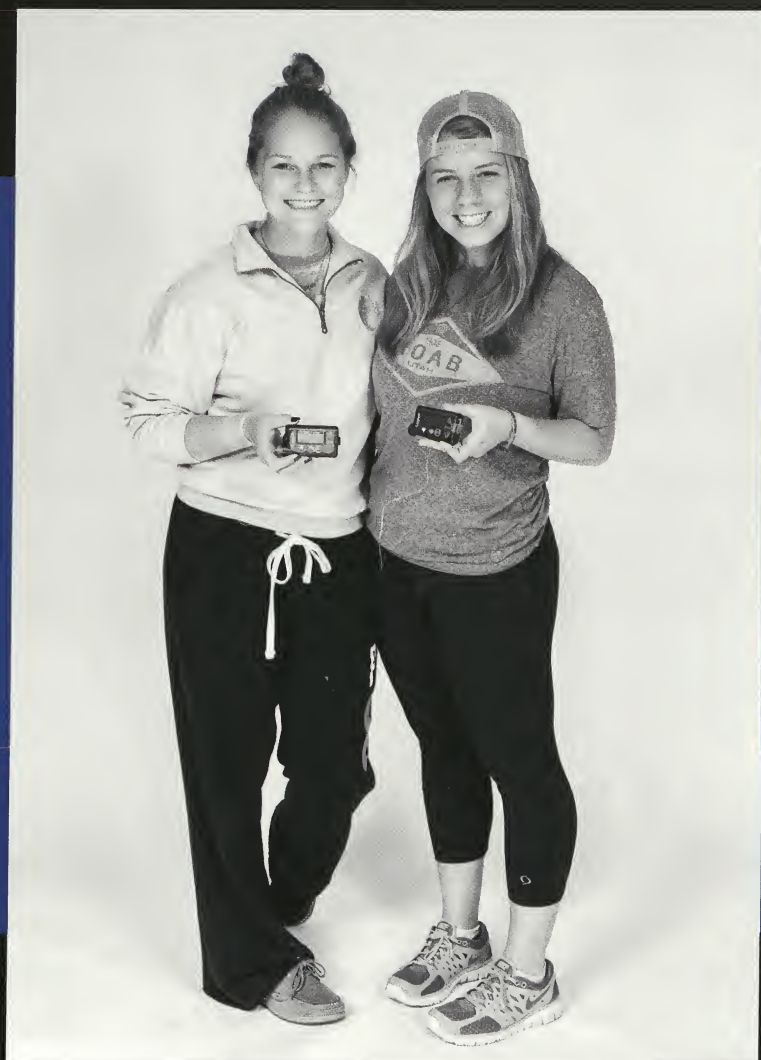
















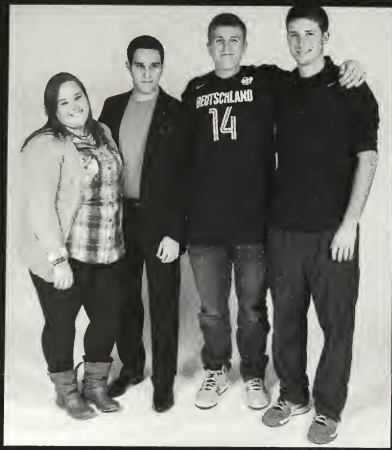








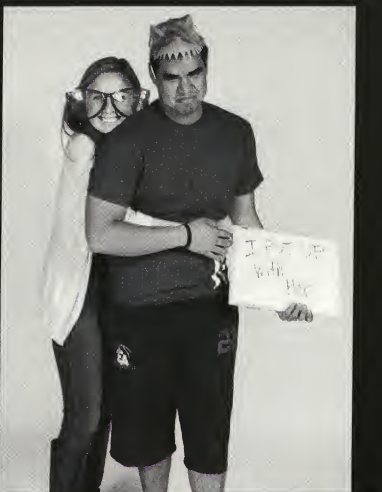
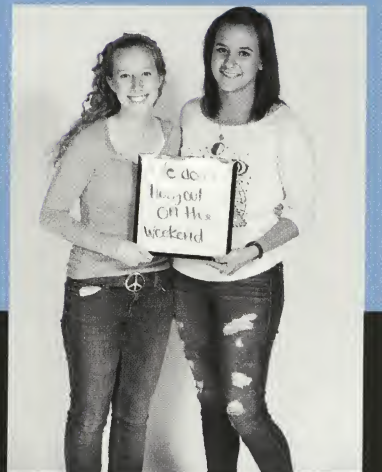








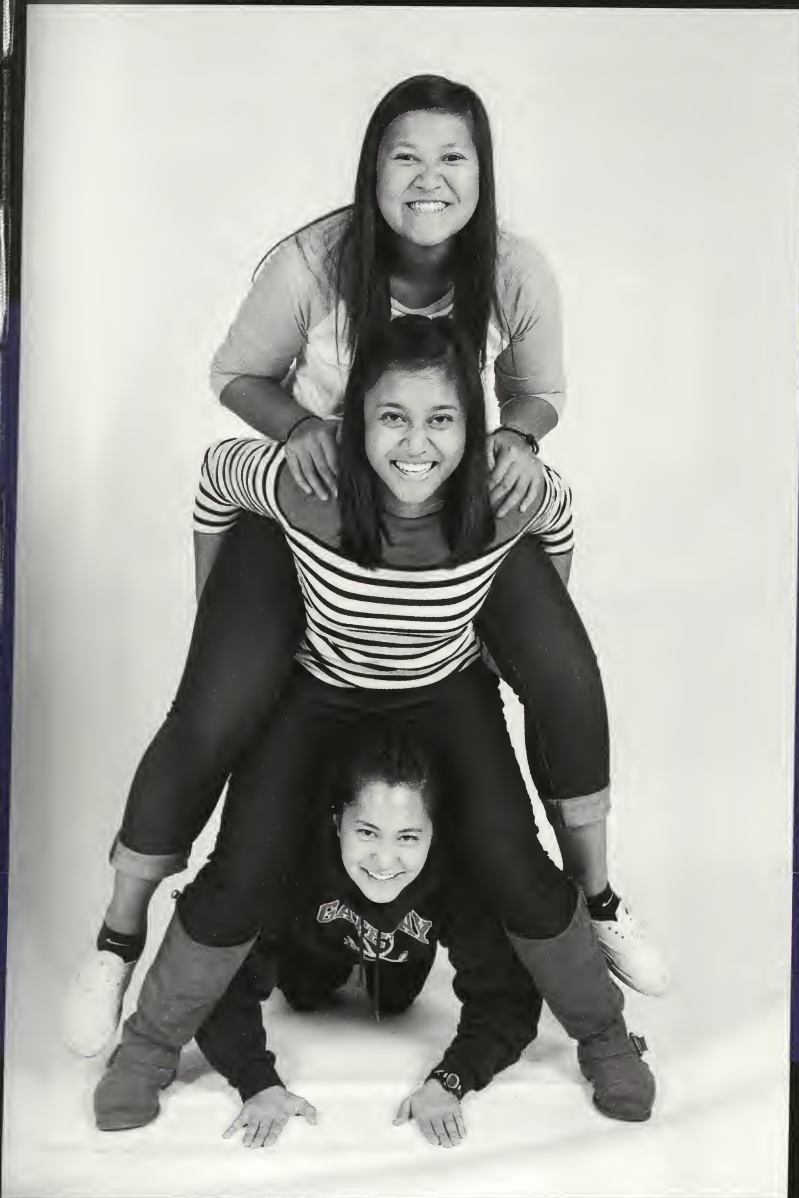
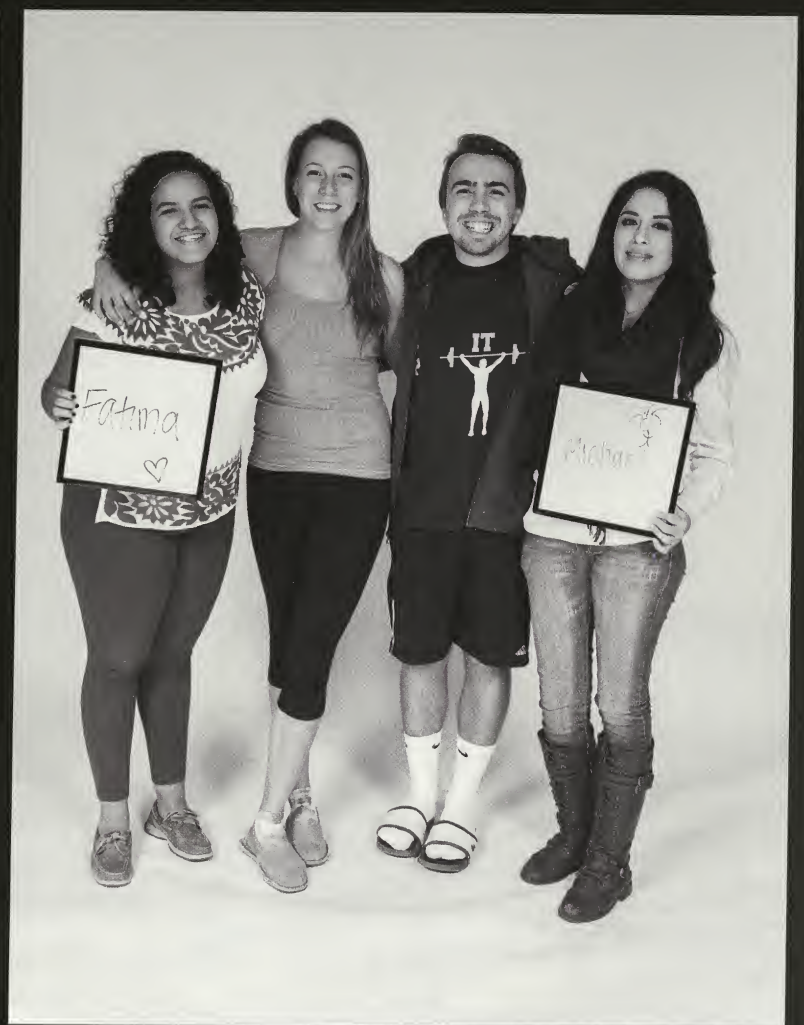




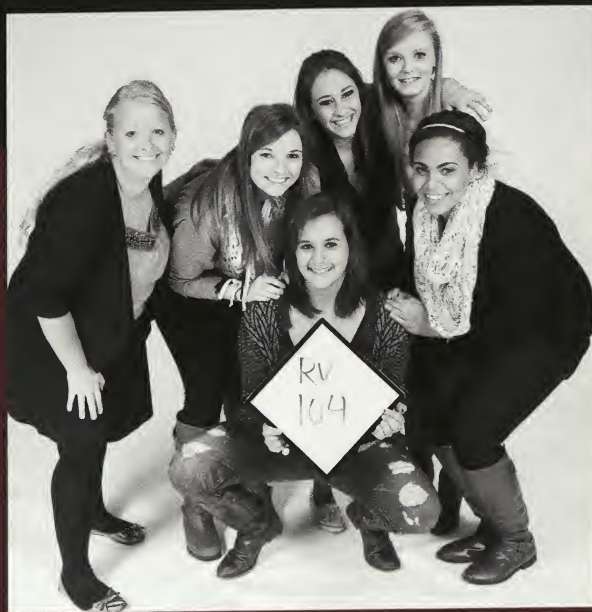








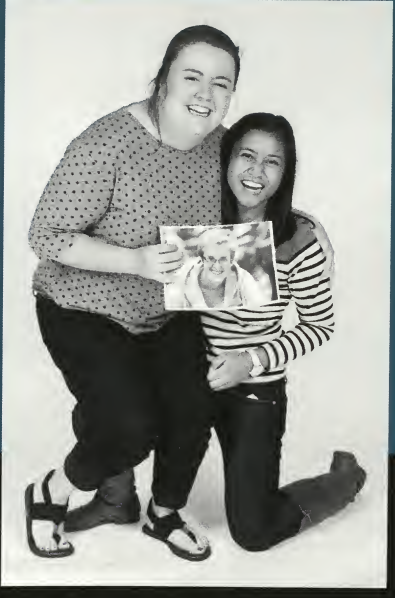
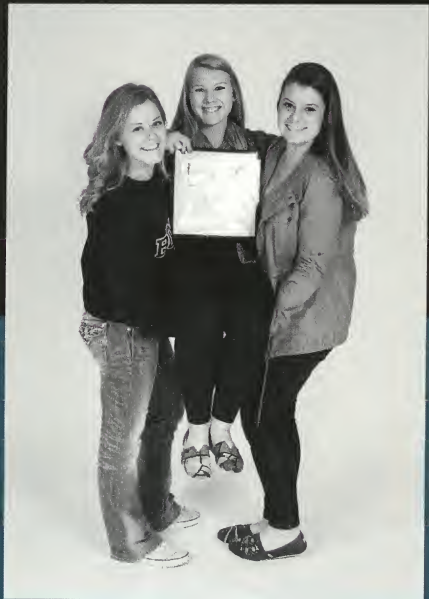
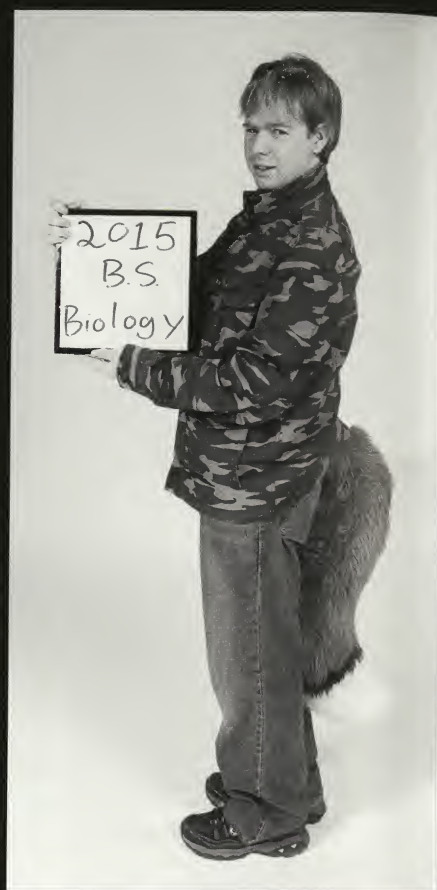




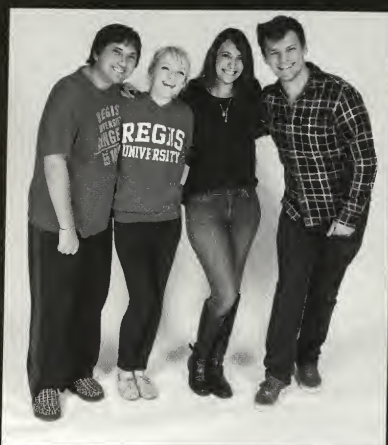
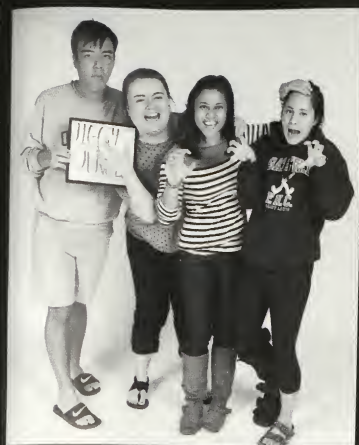












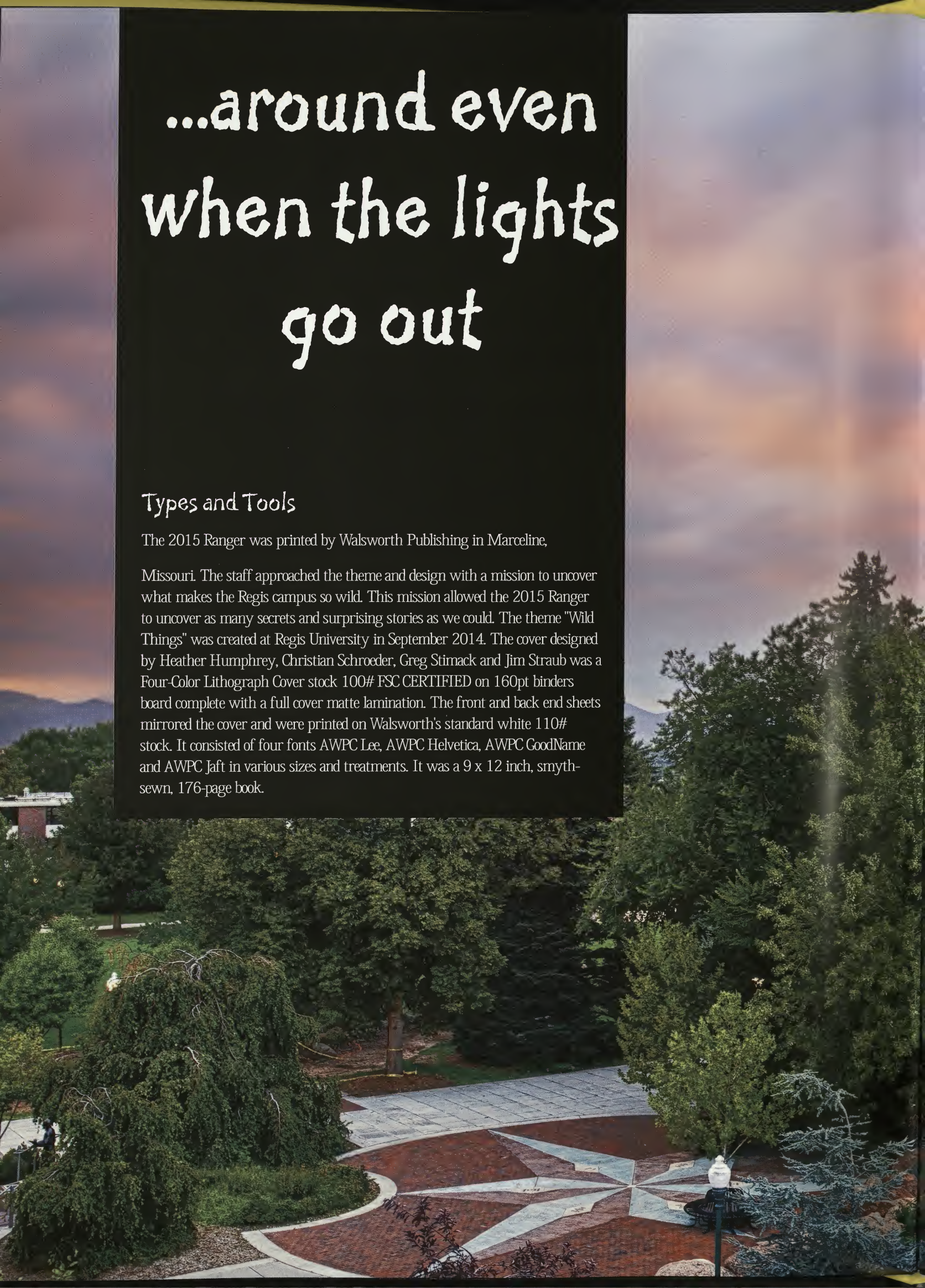


# ...around even when the lights go out

## Types and Tools

The 2015 Ranger was printed by Walsworth Publishing in Marceline,

Missouri. The staff approached the theme and design with a mission to uncover what makes the Regis campus so wild. This mission allowed the 2015 Ranger to uncover as many secrets and surprising stories as we could. The theme "Wild Things" was created at Regis University in September 2014. The cover designed by Heather Humphrey, Christian Schroeder, Greg Stimack and Jim Straub was a Four-Color Lithograph Cover stock 100# FSC CERTIFIED on 160pt binders board complete with a full cover matte lamination. The front and back end sheets mirrored the cover and were printed on Walsworth's standard white 110# stock. It consisted of four fonts AWPC Lee, AWPC Helvetica, AWPC GoodName and AWPC Jaft in various sizes and treatments. It was a 9 x 12 inch, Smyth-sewn, 176-page book.









# The Staff



## From The Editor...

Dear Regis,

As Editor of this book, I speak for the entire staff in saying thank you for a great year. This book showcases the wild side of the campus as well as a deeper look at the people that make the campus as crazy and busy as it is. This book would be nowhere if it wasn't for you. We thank everyone for all of the support and help that we have received throughout the year. Thank You!

Heather Humphrey, Editor-in-Chief

Dear Sarah, Natalie, Hannah, Christian, Edna, Ashley, Ellen, Megan, Emily and Quinn,

First I would like to say THANK YOU so much for all that each of you have done this year. Stepping up to the editor position for the first year was a very new experience that came with many challenges and rewards and I wouldn't have wanted to take on the year with any other staff. Even though things got very stressful at times, we all came together and created this amazing book to present to the community. Many memories have been made as we uncovered the wild side lurking around this campus. Thank you for a wonderful year and I can't wait to see what is still to come!

Love, Heather



Colophone